

AUSTRALIAN

diabetic LIVING

LAMB AND
MACARONI
BAKE
See page 61

PLUS!

**LIFESTYLE
MEDICINE**

How minor
changes
can make
a major
difference



PADDY MCCARTIN

**AFL star
shares his
diabetes
story**

FOOD 
YOU'LL LOVE TO
eat

✓ **ONE-PAN WONDERS**

✓ **MID-WEEK MEALS**

✓ **WINTER DESSERTS**

TOOTH TRUTH

Why dental care
is so important to
your daily health

STRESS!

Is your cortisol
level affecting
your weight?

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your wallet

JULY/AUGUST 2024 \$9.20 NZ \$9.99



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Glucerna is indicated for people with diabetes and/or impaired glucose tolerance as part of a diabetes management plan including diet and exercise. *A randomised controlled trial comparing Glucerna to an oatmeal breakfast in type 2 diabetes patients (n=32) found 280% higher postprandial GLP-1 secretion and 38% lower postprandial blood glucose levels with Glucerna compared to oatmeal (based on individual percent changes). The study utilised a previous Glucerna formulation. **References:** 1. Devitt, A., et al. *J Diabetes Res Clin Metab.* 2012;1(1):20. ANZ.2024.49595.GLU.2





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AREMEDIA



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JULY/AUGUST 2024

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OUR EXPERTS

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Dietitian & diabetes educator

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Endocrinologist

A diabetes specialist, Sultan has a clinic in Queensland; drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre; mendpsychology.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman

Diabetes educator

Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg

**Exercise physiologist
& diabetes educator**

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay

**Endocrinologist
& bariatric physician**

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.



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Chill out

Winter is well and truly here and in my part of the world, that means frosty mornings and evenings that turn dark early. Staying healthy when the weather is encouraging you to curl up with a good book or your favourite streaming service can be rough. But this year I have a new tool in my healthy toolkit - I bought myself a stationary bike. On the days I feel like doing some exercise, I jump on my bike. On the days I don't feel like doing some exercise, I jump on my bike. It's that simple. Having a discussion with myself about whether I feel like exercising is a waste of time and energy. Instead, I just jump on my bike - if, after 10 minutes I still don't feel like doing any exercise, well, at least I've done 10 minutes. And chances are, after 10 minutes I'll want to keep going! Turn to page XX for 10 great ways to get exercise into your life on the regular.

Colder weather also means heartier food and we've got plenty of warming (and filling) bakes in this issue. Our cover recipe (it's budget-friendly too!) will be making an appearance on my dinner table shortly (see page XX) and the wonderful one-pan recipes (pXX) are a busy cook's best friend.

Also in this issue we look at prediabetes - and what you can do to manage it, how stress plays a role in weight gain, and PCOS and diabetes.

Are there diabetes-related topics you'd like to see us cover in an upcoming issue of the magazine? We'd love to hear from you and hope you enjoy this issue!

Alix
Alix Davis,
Editor

**NEXT
ISSUE
ON SALE
AUG 15**



79

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING
LIVES
CURING
TYPE 1
DIABETES.

d diabetes
australia

Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes



YOUR healthy life

The latest global diabetes and health news

EGGSELLENT News

For decades the question about whether eggs do or don't raise cholesterol levels has been asked – and a new study has finally delivered a definitive answer.

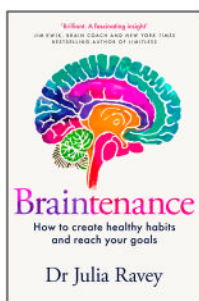
Not only did research participants who ate eggs most days of the week have similar cholesterol levels to those who didn't at the end of the study period, the results suggested eggs may be particularly beneficial for people aged over 65 and for those living with diabetes. For those people, eating eggs regularly actually resulted in an increase in HDL, or 'good' cholesterol, and a decrease in LDL, or 'bad' cholesterol. So why have eggs gotten a bad rap over the years?

Experts say some of the confusion may stem from the fact that egg yolks contain dietary cholesterol.



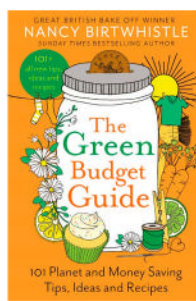
WHEN WAS YOUR LAST DENTAL CHECKUP?

Having diabetes increases the risk of a few different oral complications, including advanced gum disease and tooth decay. It's why it's important to look after your dental health properly, including brushing your teeth twice-a-day and using floss or interdental brushes to clean between your teeth daily. Visiting your dentist every six or 12 months is also recommended, so if it's been a while since your last check-up, why not use Dental Health Week, which runs from 5-11 August, as a reminder to book an appointment?



Braintenance
Dr Julia Ravey
Pan, \$24.99

If you have zero trouble imagining the health goals you'd like to achieve, but find turning them into a reality is far harder, neuroscientist Dr Julia Ravey is here to help. In *Braintenance*, she explains practical, research-led methods that'll enable you to transform your life for the better. You'll learn how to direct your focus, boost belief and beat procrastination – and why motivation has nothing to do with success.



The Green Budget Guide
By Nancy Birtwhistle
One Boat, \$36.99

The bestselling author and winner of the 2014 Great British Bake Off is back with a new book that features 101 thoughtful, cheap and time-saving tips and tricks on how to run a budget home – all while protecting the environment at the same time. From removing tough stains and mould to making the best use of your microwave to create healthy, tasty meals, Nancy has the answer.



Q: Unlike many other health conditions, the responsibility for the management of my diabetes is mostly mine. Some people say this is empowering but I just find it overwhelming and exhausting. How can I shift my perspective?

Dr Clarke says: There is no 'best' or 'right' way to interpret and respond to life circumstances. It's normal for our individual perspectives to be nuanced and varied due to differences in life experience, DNA and personality. So, hold yourself gently – what's perceived as empowering will differ from person to person.

When we're exploring shifting our perspective, it helps to be clear about our purpose. Very often, a perspective shift is motivated by a desire to find relief from difficult thoughts and feelings. Whilst there might indeed be some improvement, it's often temporary. Moreover, nothing changes on the surface, in a behavioural sense.

The most powerful shift in perspective is that which prompts us to change what we do. If the thought 'the responsibility for management of my diabetes is mostly mine' does not empower effective action, what's a new narrative that might? Try creating one for yourself. It might be one that acknowledges the supports you have to draw on, the skills you bring to your situation, and/or the personal qualities you would like to develop. Then, when you notice the old perspective, remind yourself of your new empowering one and do what works best for you.

Dr Janine Clarke, psychologist

your healthy life

THE BENEFIT OF *hugging* IT OUT

It turns out a hug really can help when times are tough. That's according to a recent review study by researchers from the Netherlands Institute for Neuroscience, which found that physical touch substantially improves mental wellbeing. Specifically, it helped to reduce anxiety and stress and the impact was even greater for people with mental health concerns compared to healthy adults. Interestingly, the person touching you and the duration of the touch doesn't make a difference in terms of beneficial impact. So even giving someone you don't know particularly well a quick hug when they're in distress could genuinely help them feel better.



Food for special
medical purposes.
Use under medical
supervision

SHAKE IT UP, BABY!

Many meal replacement shakes on the market are not suitable for people with diabetes. Glucerna's diabetes-specific nutritional formula was not only developed for people with diabetes or pre-diabetes, it has also been clinically shown to reduce blood glucose levels by up to 38% and keep them within target range up to 90% of the time.

Whether you're looking for an occasional on-the-go meal replacement or a more regular addition to your daily diet, Glucerna contains 28 vitamins and minerals, soluble and insoluble fibre for gut health and antioxidants so you can be sure you're getting everything you need.

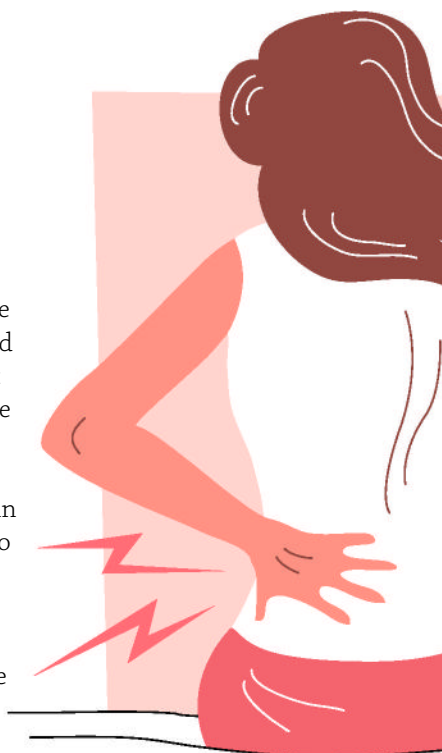
15 minutes to boost your immune system

Fresh research suggests that just 15 minutes of moderate-intensity exercise may be all it takes to increase levels of a type of white blood cell that's the immune system's first-line defender. Called natural killer cells, their primary job is a 'search and destroy' mission to eliminate infected cells in the body. "Mobilising more of these cells can lead to protecting the body against infections, reduces the likelihood of developing certain diseases and helps to improve disease outcomes by controlling infections more effectively," says Rebekah Hunt, lead author of the study from the University of Houston.

BACK PAIN & TYPE 2 THEY COULD BE LINKED

Preliminary research conducted at the University of California San Diego and the University of Utah suggests that type 2 diabetes negatively impacts the vertebral discs that form the spine.

Specifically, the study found a link between type 2 and the collagen within the discs becoming stiff and brittle, so that it could no longer handle being compressed. This finding could not only help explain why people living with type 2 diabetes often experience back pain, it may also be used to develop new, targeted treatments.



Q: I've heard that it's best to keep your feet away from direct heat when you have diabetes. Why? Is this still important even if I don't have neuropathy? And, if it is, how can I safely keep my feet warm this winter?

Danielle says: Generally speaking it is better to be more cautious and avoid putting your feet near direct heat like heaters, hot water bottles and wheat bags if you have diabetes and even more so if you have peripheral neuropathy. These modalities can be very hot, especially on the skin, and prolonged exposure can cause burns, often without you realising it, skin irritation and drying of the skin. Sudden and direct heat on cold feet can also cause the blood vessels to dilate quickly and lead to inflammation and skin lesions such as chilblains or other tissue damage.

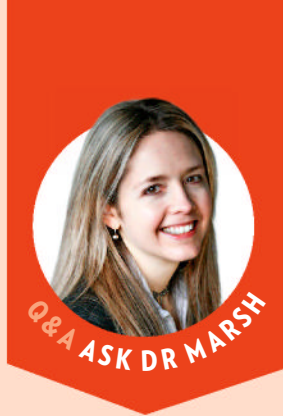
If you suffer from cold feet, it's best to try to keep them warm and prevent extreme temperature changes. If they are cold, gentle rubbing or massage can warm them quickly. Then you are best off protecting your feet with good quality socks and comfortable well-fitting shoes, inside and out. If your shoes are off indoors a soft warm blanket can be helpful, as can keeping the environment around you at a good regulated temperature.

~~~~~  
Danielle Veldhoen, podiatrist



A new University of Sydney study investigating menu items on major online food delivery outlets and apps in Australia found that most advertised items are missing nutritional information that would help people make healthy choices. For example, fewer than six per cent of the menus of food outlets included on apps like UberEats and Menulog featured complete kilojoule labelling. "Displaying the kilojoule content on a menu item is important to help people make informed health choices," says lead author of the study, Sisi Jia from the University's Charles Perkins Centre. "There are multiple studies that show menu labelling having real-world impact – that consumers who were provided with nutritional information selected meals with significantly lower energy content." So, if you order what sounds like a healthy meal from an online food delivery service for convenience but the kilojoule information is missing, it could pay to think twice.





**Q:** I read recently that aiming to eat at least 30 different plant foods over the course of a week is a good target to aim for if I want to improve my gut health. Why is this? And is there a simple, practical way to achieve it?

**Kate says:** Eating a wide variety of plant foods helps to promote the growth of beneficial bacteria in the gut. Having a diverse microbiome – ie a wide variety of different bugs living in your gut – is associated with better health and each type of bacteria likes different kinds of plant foods.

The plant foods to incorporate into your diet include vegetables, fruit, minimally processed wholegrains, legumes, nuts, seeds and herbs and spices. Aim to include a few of these foods at each meal and choose different foods within these categories when you're planning meals and grocery shopping.

By including a wholegrain and a few different vegies in most meals, using legumes regularly as a source of protein, adding nuts and seeds to meals or eating them as snacks and flavouring meals with a variety of herbs and spices, you'll probably find it actually isn't that hard to get to the recommended 30 foods per week.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

your healthy life

## SAVE THE DATE

**National Diabetes Week runs from 14-21 July this year.** A

campaign that's designed to bring attention to and raise awareness of a different aspect of diabetes every year, 2024's theme is shining a light on the impact of diabetes tech and what needs to be done to improve access. Visit [diabetesaustralia.com.au/campaigns](https://diabetesaustralia.com.au/campaigns) to find out how you can get involved and make a difference.



## BACK TO THE 'FOOT-URE'

An electronic sock that detects an unhealthy walking style linked with diabetes and poor circulation has been developed by researchers overseas. Diabetes can naturally cause people to walk in a way that encourages ulcers, but this often goes undetected. The new sock is also capable of pinpointing people who have diabetes and poor circulation, which means in future, it could be used by healthcare professionals as an easy, non-invasive way to identify people who could benefit from gait, or walking style training to prevent foot complications.



DIABETES AUSTRALIA TEAMS UP WITH DEFEAT DIABETES

Diabetes Australia has partnered with Defeat Diabetes, a program that supports people who want to work towards remission of type 2 diabetes by adopting a low-carb diet. "For people living with type 2 diabetes, weight loss, improved blood glucose levels and remission can be life changing," says Taryn Black, Diabetes Australia Acting Group CEO. "Even without entering remission, having lower glucose levels is beneficial for people living with diabetes."

A survey of 700 Defeat Diabetes members showed that two in three returned their glycaemic control to non-diabetes levels. In addition, 41 per cent of people reported reducing or discontinuing their diabetes medication and 88 per cent reported improved blood glucose levels.

"We encourage people with type 2 diabetes who might be interested in low-carb diets, and wish to determine the best approach for them, to have a discussion with their healthcare team," says Taryn. A free 14-day trial of the Defeat Diabetes program is available at [defeatdiabetes.com.au/EasyLowCarb](https://defeatdiabetes.com.au/EasyLowCarb).





# Here TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

**DIABETES AUSTRALIA** This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit [diabetesaustralia.com.au](https://diabetesaustralia.com.au).

## **THE NATIONAL DIABETES SERVICES SCHEME (NDSS)**

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit [ndss.com.au](https://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

## **AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)**

Consulting with a credentialed diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to [adea.com.au](https://adea.com.au) to use the 'Find a CDE' service or call **(02) 6173 1000**.

## **JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)**

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to [jdrf.org.au](https://jdrf.org.au) to find out more.

**FOOT FORWARD** Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit [footforward.org.au](https://footforward.org.au)

**KEEPSIGHT** As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit [keepsight.org.au](https://keepsight.org.au)

**MYDESMOND** Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to [mydesmondaustralia.com.au](https://mydesmondaustralia.com.au) to join.

## **NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit [ndis.gov.au](https://ndis.gov.au) or call **1800 800 110** for more information.



# 5 DAYS DINNERS

Winter is here! Cold nights call for cosy,  
homemade meals like these

HOW OUR  
FOOD WORKS  
FOR YOU  
see page 90

## MONDAY

Caramelised red  
onion & anchovy  
pasta with  
gremolata

*Recipe, page 18*



**TUESDAY**

## **SPINACH & CHILLI BEAN PIDE**

**PREP** 20 MINS **COOK** 45 MINS

**SERVES** 2 (AS A MAIN)

100g ( $\frac{2}{3}$  cup) self-raising flour, plus extra, for dusting  
100g low-fat natural yoghurt  
2 tsp olive oil  
 $\frac{1}{2}$  red onion, chopped  
1 clove garlic, finely sliced  
 $\frac{1}{2}$  tsp cumin seeds  
 $\frac{1}{2}$  x 420g can drained Woolworths No-Added-Salt Mexican Style 3 Bean Mix  
2 tsp Masterfoods Mexican Chilli Spice Blend  
80g baby spinach leaves  
40g reduced-fat feta  
Handful flat-leaf parsley, roughly chopped

**1** Sift the flour into a large bowl. Make a well in the centre of the flour and pour in the yoghurt. Stir to form a dough, then turn out onto a lightly floured surface and knead until smooth. Cover and set aside to rest while you make the filling.

**2** Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes or until the onion starts to soften. Add the garlic and cumin seeds. Cook, stirring, for 1-2 minutes or until fragrant. Stir in the beans. Simmer for 5 minutes to reduce the sauce. Add the spinach and cook, stirring, for 1-2 minutes or until the spinach wilts. Remove the pan from the heat and set aside.

**3** Split the dough into 2 balls, then roll out on a lightly floured surface into rough oval shapes around 15cm long. Fold in edges and seal tightly to make a border for each pide.

**4** Preheat grill on high. Heat a large non-stick frying pan over high heat. Add the pides and cook for 2-3 minutes on each side until golden. Transfer to a baking tray and top with the bean mixture. Crumble over the feta.

**5** Place the pide until the grill and cook for 4-5 minutes or until golden, cooked through and bubbling. Sprinkle over the parsley and serve.

## **NUTRITION INFO**

**PER SERVE** 1610kJ (385Cal),  
**protein** 19g, **total fat** 9g (sat. fat 3g), **carbs** 52g, **fibre** 9g,  
**sodium** 1765mg • **Carb**  
**exchanges** 3½  
• **GI estimate** high

**mains**





GFO

## SPICY TORTILLA SOUP

PREP 10 MINS COOK 40 MINS

SERVES 2 (AS A MAIN)

WEDNESDAY

- 2 tsp olive oil
- 1 red onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 tsp ground cumin
- Pinch ground chillies
- 1½ tbsp chipotle sauce
- 375ml (1½ cups) salt-reduced chicken stock or gluten-free stock
- 325ml water
- 250g chicken thigh fillets, trimmed of fat
- 2 wholegrain tortillas or gluten-free tortillas, cut into triangles
- Freshly ground black pepper
- 420g can no-added-salt pinto beans, rinsed and drained
- 185g can corn kernels, rinsed and drained
- Zest of ½ lime, juice of 1 lime
- 2 tbsp low-fat natural yoghurt, to serve
- ½ bunch coriander, roughly chopped, or leaves picked
- 1 red chilli, sliced (optional)

1 Heat 1 tsp of the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes or the onion softens. Add the garlic, cumin and ground chillies. Cook, stirring, for 1-2 minutes or until the spices are fragrant.

2 Add the stock and water to the pan, using a wooden spoon to scrape up any caramelised bits from the bottom of the pan. Cover with lid and bring to the boil over high heat. Add the chicken thighs and reduce heat to low. Simmer, covered, for 20-25 minutes or until the chicken is cooked through.

3 Meanwhile, preheat oven to 190°C (fan-forced). Line two baking trays with non-stick baking paper. Drizzle the remaining oil over the tortilla triangles. Spread the

triangles out over the lined tray in a single layer. Season with pepper. Bake for 7-8 minutes or until golden brown and crisp. Set aside to cool on the tray. Transfer half the chips to an airtight container. Keep for the pulled chicken bowl (p18).

4 Once the chicken is cooked, use a slotted spoon to remove from the soup. Use two forks to shred the chicken. Pour the pinto beans and corn into the pan and cook for 5 minutes, or until warmed through. Return the chicken to the soup, then season with pepper, half the lime juice and all of the zest.

5 Divide the soup between two bowls. Spoon a little yoghurt on top, then sprinkle with the coriander and sliced chilli, if using. Sprinkle over the tortilla chips and serve with the remaining halved lime cut into wedges for squeezing over.

### NUTRITION INFO

**PER SERVE** 2260kJ (541Cal), **protein** 40g, **total fat** 18g (sat. fat 4g), **carbs** 47g, **fibre** 16g, **sodium** 890mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**





GFO

**MISO & PUMPKIN RAMEN****PREP** 15 MINS **COOK** 30 MINS**SERVES** 2 (AS A MAIN)

200g peeled, deseeded, chopped  
butternut pumpkin

½ bunch broccolini

3 cloves garlic, unpeeled and  
lightly bashed

1 tbsp olive oil

Freshly ground black pepper

2 tsp white miso or gluten-free  
miso

1 tbsp no-added-salt-or-  
sugar peanut butter

1 tsp reduced-salt soy sauce or  
gluten-free soy sauce

375ml (1½ cups) salt-reduced  
vegetable stock or gluten-free  
stock

325ml water

150g Wokka Wholegrain Wok-  
Ready Noodles or gluten-free  
noodles

2 x 60g eggs, soft-boiled, halved  
(see Cook's tip)

Handful coriander leaves, roughly  
chopped, or leaves picked

1 red chilli, sliced

1 Preheat oven to 200°C (fan-  
forced). Line a large baking tray  
with non-stick baking paper.  
Spread the pumpkin, broccolini and  
garlic cloves across the lined tray.  
Drizzle with the oil and season well  
with pepper. Roast for 20-25  
minutes or until cooked through  
and charring around the edges.

2 Put half of the pumpkin in a  
medium bowl and squeeze out the  
roasted garlic from the skins into  
the bowl. Use a fork to mash the  
pumpkin and garlic until a rough  
paste forms. Whisk in the miso,  
peanut butter and soy sauce until  
smooth.

3 Heat the stock in a large saucepan  
over medium-high heat until  
boiling. Whisk in the pumpkin and  
miso mixture. Bring to a simmer

and add the noodles. Cook for 3-4  
minutes or until just tender.

4 Divide the soup and noodles  
between two bowls. Top with the  
remaining pumpkin, the broccolini,  
eggs, coriander and sliced chilli.  
Sprinkle with pepper and serve.

**NUTRITION INFO**

**PER SERVE** 1830kJ (438Cal),  
**protein** 20g, **total fat** 24g (sat. fat  
5g), **carbs** 32g, **fibre** 10g, **sodium**  
974mg • **Carb exchanges** 2 • **GI**  
**estimate** low • **Gluten-free option**

**COOK'S TIP**

To make the soft-boiled  
eggs, boil in a small  
saucepan of simmering  
water for 4 minutes.  
Drain and rinse under  
cold water. Cool slightly  
then peel.





## mains

GFO LCO

### CARAMELISED RED ONION & ANCHOVY PASTA WITH GREMOLATA

PREP 20 MINS COOK 50 MINS  
SERVES 2 (AS A MAIN)

2 tbsp olive oil  
3 red onions, thinly sliced  
140g dried pappardelle (or any long pasta) or gluten-free pasta  
2 drained anchovy fillets in oil  
2 tbsp tomato paste  
Freshly ground black pepper

#### GREMOLATA

Zest and juice 1 lemon  
½ bunch flat-leaf parsley, roughly chopped  
2 cloves garlic, finely chopped

1 Heat the oil in a large, heavy-based frying pan over medium-low heat. Add the onions and cook, stirring often, for 30-35 minutes or until caramelised and golden.

2 Meanwhile, to make the gremolata, combine the lemon zest and juice, parsley and garlic in a small bowl. Set aside. Cook the pappardelle in a large saucepan of boiling water, following pack instructions, reserving ½ cup of the pasta cooking water.

3 Add the anchovy fillets to the onions when they have caramelised and let them dissolve. Stir in the tomato paste and a good grinding of pepper. Cook, stirring often, for 4-5 minutes or until the mixture darkens.

4 Add the cooked pasta to the sauce along with the reserved pasta water. Stir well to combine, then transfer to a serving platter. Spoon over the gremolata to serve.

#### NUTRITION INFO

PER SERVE 2100kJ (503Cal),  
protein 15g, total fat 20g (sat. fat 3g), carbs 59g, fibre 10g, sodium 274mg • Carb exchanges 4 • GI estimate low • Gluten-free option

#### LOWER-CARB OPTION

Replace the pappardelle with 150g Slendier Soy Bean Fettucine, prepared following packet instructions.

#### LCO NUTRITION INFO

PER SERVE 1440kJ (344Cal),  
protein 17g, total fat 22g (sat. fat 4g), carbs 14g, fibre 14g, sodium 275mg • Carb exchanges 1  
• GI estimate low • Gluten free  
• Lower carb

GFO

### PULLED CHICKEN BOWL

PREP 15 MINS COOK 35 MINS  
SERVES 2 (AS A MAIN)

2 tsp olive oil  
2 (300g) skinless chicken thigh fillets, trimmed of fat  
1 red onion, sliced  
3 cloves garlic, crushed  
1 tsp cumin  
1 tsp ground coriander  
2 tsp smoked paprika  
2 tbsp tomato paste  
300ml passata  
2½ tbsp low-sugar barbecue sauce or gluten-free barbecue sauce  
150ml water  
150g baby spinach leaves  
Juice of 1 lime  
Freshly ground black pepper  
90g SunRice Low GI Brown Rice, cooked following packet directions

Handful coriander leaves, roughly chopped

Leftover tortilla chips (from spicy tortilla soup), to serve

1 Heat the oil in a large flameproof casserole dish over medium heat. Add the chicken and cook for 3-4 minutes each side or until well browned. Transfer to a plate.

2 Add the onion to the pan and cook, stirring occasionally, for 5-6 minutes or until beginning to soften. Add the garlic, cumin, ground coriander, smoked paprika and tomato paste. Cook, stirring, for 3-4 minutes until the paste darkens.

3 Pour the passata, barbecue sauce and water into the dish. Bring to the boil, then return the chicken to the dish. Simmer, stirring occasionally, for 25 minutes or until the sauce reduces and thickens and the chicken is tender. Remove the chicken from the dish and cool slightly. Use two forks to shred the chicken. Return to the dish and stir well. Add the spinach and cook, stirring, until the spinach wilts.

4 Squeeze the lime juice in and season with pepper. Divide the rice between serving bowls and top with the pulled chicken. Sprinkle over the coriander and serve with the tortilla chips.

#### NUTRITION INFO

PER SERVE 2190kJ (524Cal),  
protein 37g, total fat 15g (sat. fat 3g), carbs 53g, fibre 11g, sodium 580mg • Carb exchanges 3½ • GI estimate low • Gluten-free option



**FRIDAY**

**Pulled chicken bowl**  
*Recipe, opposite*

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL IMAGES GETTY IMAGES  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)







# LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

## GROCERIES

**CHIPOTLE SAUCE:** Use in dressings, drizzle over grilled chicken or seafood.

**YOGHURT:** Serve with stewed fruits and sprinkle with a few toasted nuts for a quick and easy breakfast or dessert.

**FETA:** Crumble and sprinkle into salads, sandwiches or use on pizzas.

**PASTA:** Cook and serve with your favourite healthy bolognese recipe or use to make a chicken & veggie pasta bake.

**ANCHOVY FILLETS:** Finely chop and use in salad dressings, use on pizza toppings or in pasta sauces.

**NOODLES:** Use the noodles to make into a tofu & veggie stir-fry Singapore noodle.

**BEAN MIX:** Use in salads or when making chilli con carne.

**TORTILLAS:** Cut into wedges and place on a baking tray. Bake in an oven preheated to

180°C (fan-forced) for 8-10 minutes. Serve with hummus and veggie sticks.

**MISO:** Use in soups, marinades or dressings.

**STOCK:** Use in soups, casseroles or freeze in small portions for later use.

## FRUIT & VEGETABLES

**ONION:** Finely chop and use in pasta sauces, cut into thin wedges and use in stir-fries or casseroles.

**PARSLEY:** Finely chop and use in dressings or use in salads or add to pasta dishes or stir through casseroles just before serving.

**CORIANDER:** Finely chop the stems, roots and leaves and use in curries.

**BROCCOLINI:** Steam and serve as a side tossed in a little fresh lemon juice, chopped fresh herbs, drizzle of olive oil and freshly ground black pepper. ■



# SHOPPING LIST

## GROCERIES

- ☐ 220g jar chipotle sauce
- ☐ 1L carton salt-reduced chicken stock
- ☐ 1L carton salt-reduced vegetable stock
- ☐ 240g pkt (6) tortillas
- ☐ 420g can no-added-salt pinto beans
- ☐ 185g can corn kernels
- ☐ 375g pkt pappardelle pasta
- ☐ 560g bottle tomato passata
- ☐ 45g can anchovy fillets in olive oil
- ☐ 400g pkt Wokka Wholegrain Wok-Ready Noodles
- ☐ 420g can drained Woolworths No-Added-Salt Mexican Style 3 Bean Mix

## FRUIT & VEGETABLES

- ☐ 6 red onions
- ☐ 2 limes
- ☐ 1 bunch coriander
- ☐ 2 red chillies
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch coriander
- ☐ 1 lemon
- ☐ 350g piece butternut pumpkin
- ☐ 1 bunch broccolini
- ☐ 230g baby spinach leaves

## PANTRY

- ☐ Olive oil
- ☐ 12 cloves garlic
- ☐ Ground cumin
- ☐ Ground chillies
- ☐ Cumin seeds
- ☐ Ground coriander
- ☐ Smoked paprika
- ☐ No-added-salt-or-sugar peanut butter
- ☐ Salt-reduced soy sauce
- ☐ Low-sugar barbecue sauce
- ☐ Low GI Brown Rice
- ☐ Black pepper
- ☐ 2 x 60g eggs
- ☐ Self-raising flour
- ☐ Masterfoods Mexican Chilli Spice Blend

## CHILLED (FRIDGE & DELI)

- ☐ 200g container white miso
- ☐ 680g container low-fat natural yoghurt
- ☐ 200g pkt reduced-fat feta

## MEAT & POULTRY

- ☐ 550g chicken thigh fillets





HOW OUR  
FOOD WORKS  
FOR YOU  
see page 90

# ONE-PAN PERFECTION

One-pots make cooking easy, whatever your skill level. Plus there's hardly any washing-up to do afterwards. What's not to love?





Vegetable curry  
*Recipe, page 24*



**GFO**

## VEGETABLE CURRY

**PREP** 15 MINS **COOK** 45 MINS  
**SERVES** 4 (AS A MAIN)

1 small Zerella Spud Lite Potato, chopped  
 500g butternut pumpkin, peeled, deseeded and chopped  
 ½ eggplant, chopped  
 3 tbsp tikka masala curry paste  
 1½ tbsp olive oil  
 Freshly ground black pepper  
 1 brown onion, sliced  
 350ml passata  
 ½ x 400g can light coconut milk  
 60ml (¼ cup) water  
 1 red capsicum, sliced  
 1 zucchini, chopped  
 Few coriander sprigs, to serve  
 2 naan bread or 2 gluten-free pita bread, halved, to serve

**1** Preheat oven to 180°C (fan-forced). Line a large roasting tin with non-stick baking paper. Put the potato, pumpkin, eggplant, 2 tbsp curry paste and 1 tbsp oil in the lined tin. Season with pepper and toss to coat. Roast for 30 minutes.

**2** Meanwhile, to make the sauce; heat the remaining oil in a large non-stick frying pan over medium-low heat. Add the onions and cook, stirring, occasionally, for 12-15 minutes or until the onions are really soft and start to turn golden, adding a splash of water if they start to dry out. Stir in the remaining curry paste. Cook, stirring, for 2 minutes. Add the passata, coconut milk and water. Simmer for 5 minutes.

**3** Tip the roasted vegetables into the sauce with the capsicum and zucchini. Simmer, stirring occasionally, for 10-15 minutes or until the pumpkin is tender. Sprinkle with the coriander and serve with the naan bread.

## NUTRITION INFO

**PER SERVE** 1770kJ (423Cal),  
**protein** 11g, **total fat** 20g (sat. fat 6g), **carbs** 45g, **fibre** 10g, **sodium** 782mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

### COOK'S TIP

#### HOT VEGIE CURRY

Spice it up by adding 1 chopped red chilli to the onions and use a madras or vindaloo curry paste.

#### CHICKEN CURRY

Use 6 skinless, boneless chicken thigh fillets instead of the potato, pumpkin and eggplant. Toss them in the oil and paste and roast as per the recipe, then add to the sauce with the capsicum and zucchini.

**1** Combine the peanut butter, soy sauce and boiling water in a small bowl. Stir in 1 tbsp of the peanuts. Put the noodles in a heatproof bowl and cover with boiling water. Stir them gently so they separate. Drain and set aside.

**2** Heat 2 tsp of the oil in a large wok or large non-stick frying pan over medium heat. Pour in the eggs. Leave to set for 1-2 minutes. Use a spatula to chop them up and tip onto a plate.

**3** Heat the remaining oil in the wok over medium-high heat. Add the vegetables and stir-fry for 2-3 minutes or until just tender. Add the noodles and toss until heated through.

**4** Return the egg to the pan with the peanut butter sauce. Toss to combine. Divide the noodles between serving bowls. Sprinkle with the extra peanuts. Serve.

## NUTRITION INFO

**PER SERVE** 1570kJ (375Cal),  
**protein** 16g, **total fat** 21g (sat. fat 3g), **carbs** 28g, **fibre** 7g, **sodium** 360mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

### COOK'S TIP

You can chop up your own stir-fry veg mix if you like, using up whatever vegies you have in the fridge.

**GFO**

## NOODLE STIR-FRY WITH CRUNCHY PEANUTS

**PREP** 10 MINS **COOK** 10 MINS  
**SERVES** 3 (AS A MAIN)

2 tbsp no-added-salt-or-sugar crunchy peanut butter  
 1 tbsp salt-reduced soy sauce or gluten-free soy sauce  
 2½ tbsp boiling water  
 1 tbsp roasted unsalted peanuts, chopped, plus extra 2 tsp, per serve  
 300g fresh egg noodles or gluten-free noodles  
 1 tbsp olive oil  
 2 x 60g eggs, lightly whisked  
 300g pkt bought stir-fry vegetable mix (see Cook's tip)



one pan

Noodle stir-fry with  
crunchy peanuts  
*Recipe, opposite*





Bean & pasta stew  
with meatballs  
*Recipe, page 28*





**one-pan**

**Oven-baked leek  
& bacon risotto**  
*Recipe, page 30*





## one pan

GFO

### BEAN & PASTA STEW WITH MEATBALLS

PREP 20 MINS COOK 40 MINS

SERVES 4 (AS A MAIN)

- 6 Peppercorn Pork & Red Onion Sausages or gluten-free pork sausages, meat squeezed out of the skin, skin discarded  
1 tbsp olive oil  
2 brown onions, finely chopped  
3 stalks celery, chopped  
2 carrots, chopped  
3 cloves garlic, finely chopped  
400g can no-added-salt chopped tomatoes  
500ml (2 cups) salt-reduced chicken stock or gluten-free stock  
500ml (2 cups) water  
150g dried macaroni or gluten-free macaroni  
425g can no-added-salt cannellini beans, rinsed and drained  
Freshly ground black pepper  
Handful flat-leaf parsley, chopped

1 Roll the sausage meat into rough walnut-sized meatballs. Heat half the oil in a large, wide non-stick frying pan over medium heat. Add the meatballs and cook, turning often, for 5-6 minutes or until well browned but not cooked all the way through. Transfer to a plate. Set aside.

2 Add the remaining oil to the pan. Add the onions, celery and carrots and cook, stirring occasionally, for 10 minutes or until the vegetables soften. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes, stock and water to the pan. Bring to the boil over high heat. Reduce heat to medium and simmer for 10 minutes.

3 Stir in the macaroni and return the meatballs to the pan. Simmer for 10 minutes or until the pasta is cooked and meatballs are cooked

through. Stir through the beans and cook for 3-4 minutes or until heated through.

4 Season the meatball mixture with pepper and stir in parsley. Serve.

#### NUTRITIONAL INFO

PER SERVE 2160kJ (517Cal), protein 28g, total fat 17g (sat. fat 5g), carbs 56g, fibre 13g, sodium 1070mg • Carb exchanges 3 ½ • GI estimate low • Gluten-free option

GFO LC

### ALL-DAY BREAKFAST

PREP 5 MINS COOK 30 MINS

SERVES 4 (AS A MAIN)

- 8 Peppercorn Extra Lean Beef Chipolatas  
1 tbsp olive oil  
4 pieces short cut bacon, trimmed of fat  
250g cherry tomatoes  
2 tsp wholegrain mustard or gluten-free mustard  
4 x 60g eggs  
4 slices grain bread or gluten-free bread, toasted, to serve

1 Preheat oven to 200°C (fan-forced). Line a shallow roasting tin with non-stick baking paper. Put the sausages and oil in the tin and spread out in an even layer. Drape the bacon rashers over the top of the sausages and roast for 15-20 minutes or until both are starting to brown.

2 Move the bacon and sausages around so everything browns evenly. Scatter over the tomatoes and dot the mustard onto the sausages. Use a pair of tongs or a spoon to create four gaps for the eggs, then crack an egg into each gap. Return the tin to the oven and

cook for 5-8 minutes or until the egg whites are set and tomatoes soften.

#### NUTRITIONAL INFO

PER SERVE 1500kJ (359Cal), protein 26g, total fat 19g (sat. fat 5g), carbs 18g, fibre 5g, sodium 989mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb

### COOK'S TIP

#### BREAKFAST FRITTATA

Snip the sausages and bacon into chunks before baking, then bake as above. Spoon over the mustard, add the tomatoes and cook for a further 5 minutes.

Pour 8 x 60g eggs, whisked with 200ml skim milk over and season with pepper. Bake for 30-35 minutes at 160°C (fan-forced) or until the egg is puffed up and set. Cut into squares to serve.

#### NUTRITIONAL INFO

PER SERVE 1580kJ (378Cal), protein 28g, total fat 19g (sat. fat 5g), carbs 21g, fibre 5g, sodium 1009mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb

#### ALL-DAY VEGIE BREAKFAST

Use 4 vegetarian sausages or gluten-free vegetarian sausages instead, and swap the bacon for 200g button mushrooms.

#### NUTRITIONAL INFO

PER SERVE 1610kJ (385Cal), protein 27g, total fat 20g (sat. fat 3g), carbs 20g, fibre 6g, sodium 739mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb



All-day breakfast  
*Recipe, opposite*





## one pan

GFO

### OVEN-BAKED LEEK & BACON RISOTTO

PREP 10 MINS COOK 30 MINS  
SERVES 4 (AS A MAIN)

1 tbsp olive oil  
6 pieces short cut bacon, trimmed of fat, roughly chopped  
2 leeks, halved lengthways and finely sliced  
250g arborio rice  
375ml (1½ cups) salt-reduced chicken stock or gluten-free stock, hot  
325ml water  
150g (1 cup) frozen peas  
60g (3 tbsp) goat's cheese  
Zest of 1 lemon  
Freshly ground black pepper

1 Preheat oven to 180°C (fan-forced). Put the oil in a stove proof and ovenproof casserole dish. Heat over medium heat. Add the bacon and cook, stirring, for 2 minutes. Add the leeks and cook, stirring occasionally, for 4-5 minutes or until soft. Add the rice and cook, stirring, for 1 minute.

2 Pour the stock over the rice mixture. Cover and put in the oven for 20 minutes, stirring halfway through.

3 When all the liquid is absorbed, remove the dish from the oven and stir in the peas. Return to the oven for 5 minutes. Remove from the oven and stir through the cheese. Stir in the lemon zest and season with pepper. Serve.

#### NUTRITION INFO

PER SERVE 1760kJ (421Cal), protein 22g, total fat 12g (sat. fat 4g), carbs 54g, fibre 6g, sodium 978mg • Carb exchanges 3½ • GI estimate high  
• Gluten-free option

GFO LC

### AMATRICIANA CHICKEN TRAYBAKE

PREP 15 MINS COOK 1 HOUR SERVES 4 (AS A MAIN)

½ red chilli, halved lengthways, seeds removed (if you like)  
1½ tbsp tomato purée  
1½ tbsp olive oil  
2 cloves garlic  
4 skinless chicken thighs on the bone, trimmed of excess fat  
375g Zerella Baby Spud Lite Potatoes  
2 sprigs thyme  
Freshly ground black pepper  
70g short cut bacon, trimmed of fat, chopped  
200g mixed selection of tomatoes, any larger ones halved  
4 slices wholemeal sourdough bread or gluten-free bread

#### SALAD

60g baby spinach leaves  
½ avocado, sliced  
½ Lebanese cucumber, sliced  
Squeeze of fresh lemon juice

1 Preheat oven to 180°C (fan-forced). Line a large roasting tin that will hold the chicken thighs and potatoes in a single layer. Line the tin with baking paper. Place the chicken in the tin.

2 Put the chilli in a small food processor with the tomato purée, olive oil and garlic. Whizz to a paste, then spread over the chicken. Add the potatoes to the tin with a good grinding of black pepper. Mix everything together well with your hands. Add the thyme. Roast the chicken for 30 minutes.

3 Stir in the bacon and roast for a further 15 minutes. Add the tomatoes and roast for another 15 minutes or until the tomatoes soften and the chicken is cooked. Serve straight from the tin with the green salad and some bread for mopping up the juices.

#### NUTRITION INFO

PER SERVE 1750kJ (418Cal), protein 34g, total fat 18g (sat. fat 4g), carbs 25g, fibre 7g, sodium 544mg • Carb exchanges 1½ • GI estimate low  
• Gluten-free option • Lower carb



Amatriciana chicken  
traybake  
*Recipe, opposite*







# Wholesome AND HEARTY

Healthy and warming, these delicious pies are comfort food you need during the cooler months

GFO

## SPICY BEEF & BLACK BEAN PIE

**PREP** 10 MINS **COOK** 1 HOUR 45 MINS  
**SERVES** 4 (AS A MAIN)

2 tbsp olive oil  
375g lean stir-fry beef strips  
3 large cloves garlic, sliced  
1 tbsp smoked paprika  
500ml (2 cups) passata  
1 red capsicum, deseeded, diced  
1 yellow capsicum, deseeded, diced  
2 x 420g cans no-added-salt black beans, 1 drained  
9 pitted Kalamata olives, sliced  
2 tsp salt-reduced vegetable or gluten-free stock powder  
3 tsp thyme leaves  
2 large (500g) Zerella Spud Lite Potatoes, very thinly sliced  
1 brown onion, halved and thinly sliced

500g broccoli, cut into florets, steamed, to serve

**1** Preheat oven to 160°C (fan-forced). Heat 1 tbsp oil in a large non-stick frying pan over medium-high heat. Add the beef and garlic and stir-fry for 2-3 minutes or until the beef is browned. Stir in the paprika, passata, capsicums, both cans of beans, olives, stock powder and 2 tsp thyme leaves. Reduce heat to low, cover and simmer for 10 minutes.

**2** Meanwhile, to make the topping, toss the potatoes, onion, remaining 1 tbsp oil and 1 tsp thyme in a large bowl until well combined.

**3** Tip the beef mixture into a shallow oval ovenproof dish (30 x 20cm) and top evenly with the potatoes right up to the edges of the dish. Cover with foil and place

on a baking tray. Bake for 1 hour. Remove the foil and bake for a further 20 minutes or until the potatoes are tender and starting to turn golden.

**4** Serve the pie with the steamed broccoli.

### NUTRITION INFO

**PER SERVE** 2400kJ (574Cal),  
**protein** 41g, **total fat** 20g (sat. fat 5g), **carbs** 45g, **fibre** 18g, **sodium** 690mg • **Carb exchanges** 3  
• **GI estimate** low • **Gluten-free option**







pies

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 90



GFO

## LAMB SHANK SHEPHERD'S PIE

**PREP** 30 MINS **COOK** 4½ HOURS

**SERVES** 6 (AS A MAIN)

2 tbsp olive oil  
4 small lamb shanks, trimmed of excess fat  
1 brown onion, finely chopped  
2 celery stalks, finely chopped  
2 carrots, finely chopped  
2 bay leaves  
3 cloves garlic, finely chopped  
1 tbsp plain flour  
400g can no-added-salt chopped tomatoes  
750ml (3 cups) salt-reduced chicken stock or gluten-free stock  
2 tbsp Worcestershire sauce or gluten-free stock  
4 sprigs rosemary, needles picked and chopped  
Freshly ground black pepper  
850g Zerella Spud Lite Potatoes, cut into chunks  
50g light margarine  
2 bunches broccolini, steamed, to serve  
240g green beans, trimmed, steamed, to serve

**1** Heat 1 tbsp of the oil in a large stove proof and ovenproof casserole dish over medium-high heat. Add half the lamb shanks and cook, turning occasionally, for 2-3 minutes or until well browned. Transfer to a plate. Repeat with the remaining lamb shanks. Transfer to a plate.

**2** Add the remaining oil, onion, celery, carrots and bay leaves to the pan. Cover with the lid and reduce heat to low. Cook, stirring occasionally, for 15 minutes or until the vegetables have started to soften.

**3** Uncover the pan and stir in the garlic. Increase heat to medium. Cook, stirring, for 1 minute. Stir in the flour and cook, stirring, for a further minute. Add the tomatoes, stock, Worcestershire sauce and rosemary. Season well with pepper. Bring to a simmer, then return the lamb shanks to the pan. Cover with the lid, reduce heat to low and cook for 2 hours.

**4** Remove the lid and cook for a further 1-2 hours or until the lamb shanks are meltingly tender. Transfer the lamb shanks to a board and use two forks to shred the meat. Return the meat to the sauce. Stir.

**5** Meanwhile, preheat oven to 180°C (fan-forced). Cook the potatoes in a large saucepan of boiling water for 15-20 minutes or

until really soft. Drain well, then return to the same pan. Add the margarine and mash until mostly smooth.

**6** Tip the lamb mixture into a deep 20cm x 30cm baking dish. Spoon the buttery mash over the lamb mixture in the baking dish, then gently smooth out with the back of the spoon so the filling is completely covered. Drag a fork over the mash to decorate. Bake for 25-30 minutes or until the mash is golden and the filling is bubbling at the edges. Serve with the steamed vegetables.

### NUTRITION INFO

**PER SERVE** 1730kJ (414Cal),  
**protein** 27g, **total fat** 20g (sat. fat 6g), **carbs** 27g, **fibre** 8g, **sodium** 577mg • **Carb exchanges** 2

• **GI estimate** medium

• **Gluten-free option**



pies





A top-down photograph of various pumpkins and autumn leaves arranged on a dark, textured wooden surface. The pumpkins include a large orange one in the top left, a light green one in the top center, and several smaller orange and yellow ones scattered around. Dried autumn leaves in shades of yellow, orange, and brown are interspersed among the pumpkins. A small green circular badge is in the top right corner.

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 90

**Make the most of this seasonal veg  
with four winter recipes**

# PICK UP A PUMPKIN

GFO LC

## **PUMPKIN, PINE NUT & CHILLI PESTO TART**

**PREP 20 MINS COOK 40 MINS  
SERVES 6 (AS A LIGHT MEAL)**

1 sheet reduced-fat puff pastry or  
gluten-free pastry, thawed  
Plain flour or gluten-free plain  
flour, for dusting  
120g reduced-fat ricotta  
4 tbsp Jamie Oliver Chilli & Garlic  
Pesto or gluten-free pesto  
Freshly ground black pepper  
1 small (800g) round pumpkin,  
peeled, deseeded, thinly sliced  
2 tbsp olive oil  
1½ tbsp pine nuts, toasted  
70g rocket or baby kale  
1 red chilli, thinly sliced  
20g parmesan shavings

**1** Preheat oven to 180°C (fan-forced). Place a large baking tray in the oven to preheat.

**2** Roll out the pastry on a lightly floured work surface to about 40cm x 40cm. Cut out a circle using a plate as a template, then put the pastry on a sheet of non-stick baking paper and place in the fridge to chill.

**3** Put the ricotta and half the chilli pesto in a small bowl. Season with pepper. Use a small sharp knife to score a 1cm border around the edge of the pastry. Prick the middle all over with a fork. Spoon the ricotta mixture into the middle, spreading to the border. Toss the pumpkin in a bowl with 1 tbsp oil.

Arrange the pumpkin in a spiral over the ricotta, slightly overlapping the slices as you go. Carefully slide the tart, on its baking paper, to the baking tray in the oven and bake for 40 minutes until the pastry is cooked underneath.

**4** Combine the remaining oil, nuts and pesto in a small bowl. Toss the rocket with the chilli and parmesan, pile on top of the tart, then finish with pesto dressing.

### **NUTRITION INFO**

**PER SERVE** 1200kJ (287Cal),  
**protein** 9g, **total fat** 17g (sat. fat 4g), **carbs** 23g, **fibre** 4g, **sodium** 215mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**





### COOK'S TIP

Chillies can vary in heat, even within the same pack, so to gauge what you're dealing with, touch the cut edge of the chilli, then touch the tip of your tongue with your finger. If it's fiercely hot, add less. Barely there? Add a bit more.





Pumpkin mac 'n' cheese  
*Recipe, page 40*

## **PUMP IT UP!**

You can use any  
variety of pumpkin  
for this recipe.





*One-pan baked chicken with pumpkin & walnuts Recipe, page 40*

**HEALTH TIP**

To reduce the fat and saturated fat content of this meal, try using skinless thigh fillets.





**GFO**

## **PUMPKIN MAC 'N' CHEESE**

**PREP** 20 MINS **COOK** 55 MINS  
**SERVES** 8 (AS A MAIN)

1kg pumpkin, peeled and deseeded, cut into 3cm pieces  
2 tbsp olive oil  
Freshly ground black pepper  
320g dried macaroni or gluten-free pasta  
50g light margarine  
50g (1/3 cup) plain flour or gluten-free plain flour  
500ml (2 cups) skim milk  
1 tsp English mustard or gluten-free mustard  
160g (2 cups) reduced-fat mature cheddar, coarsely grated  
70g (1 cup) parmesan, finely grated

### **SALAD**

120g mixed salad leaves  
200g cherry tomatoes  
1 large Lebanese cucumber, chopped  
1/4 small red onion, thinly sliced  
1 large carrot, shredded

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with baking paper. Put the pumpkin in a bowl with the olive oil. Season with pepper and toss well.

2 Put the pumpkin on the lined tray and roast for 25-30 minutes or until softened and lightly caramelised. Tip back into the bowl and mash until smooth.

3 Meanwhile, cook the macaroni in

a large saucepan of boiling water following pack instructions or until al dente. Drain.

4 Melt the margarine in a medium saucepan over medium heat. Once foaming, stir in the flour. Cook, stirring, for 2-3 minutes or until the mixture looks sandy and has coloured slightly. Pour in the milk little by little, while whisking, until it forms a smooth, lump-free sauce. Simmer gently, stirring often, for 5-10 minutes or until thickened slightly. Stir in the mustard and three-quarters of the cheeses. Season with pepper. Add the cooked pumpkin and pasta. Mix until really well combined.

5 Tip the macaroni mixture into a 20 x 30cm baking dish. Sprinkle over the remaining cheeses. Bake for 20-30 minutes or until golden and bubbling.

6 To make the salad, toss all the ingredients together in a bowl. Serve with the mac and cheese.

### **NUTRITION INFO**

**PER SERVE** 2270kJ (543Cal),  
**protein** 26g, **total fat** 21g (sat. fat 9g), **carbs** 59g, **fibre** 6g, **sodium** 407mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

**GF** **LC**

## **ONE-PAN BAKED CHICKEN WITH PUMPKIN & WALNUTS**

**PREP** 10 mins **COOK** 15 mins  
**SERVES** 6 (as a main)

3 small chicken thigh fillets, trimmed of excess fat  
3 small chicken drumsticks  
2 tbsp olive oil  
3 red onions, peeled, cut into wedges  
1 small (800g) pumpkin, peeled and deseeded, cut into wedges  
Freshly ground black pepper  
Small bunch of sage, leaves picked  
80g walnut halves, roughly chopped  
Good splash sherry vinegar  
500g (4 cups) cauliflower rice, steamed, to serve

1 Preheat oven to 200°C (fan-forced). Tip the chicken pieces into a large roasting tin and toss with the oil, onions and pumpkin. Season with pepper. Arrange the chicken skin-side up.

2 Roast the chicken in the oven for 25 minutes. Remove from the oven and toss through the sage and walnuts. Drizzle over the vinegar. Using tongs, arrange the chicken so it's all skin-side up.

3 Roast for a further 25-30 minutes or until the chicken is golden and the vegetables soft and sticky.

### **NUTRITION INFO**

**PER SERVE** 2210kJ (529Cal),  
**protein** 31g, **total fat** 37g (sat. fat 8g), **carbs** 16g, **fibre** 6g, **sodium** 126mg • **Carb exchanges** 1  
• **GI estimate** low • **Gluten free**  
• **Lower carb**



GFO LC

## PUMPKIN SOUP WITH CHILLI

**PREP** 15 MINS **COOK** 45-50 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

1kg butternut pumpkin, peeled and deseeded  
2 tbsp olive oil  
2 brown onions, finely chopped  
1 clove garlic, thinly sliced  
2 long red chillies, deseeded and finely chopped  
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock  
350ml boiling water  
4 tbsp reduced-fat Greek natural yoghurt, plus 2 tbsp extra, to serve  
Freshly ground black pepper

**1** Preheat oven to 180°C (fan-forced). Line a roasting tin with non-stick baking paper. Cut the pumpkin into large cubes, about 4cm. Put the pumpkin in the lined tin with half the olive oil. Toss to combine. Roast for 30 minutes, turning once during cooking, or until golden and soft.

**2** Meanwhile, heat the remaining oil in a large saucepan over low heat. Add the onions, garlic and most of the chilli. Cover and cook, stirring occasionally, for 15-20 minutes or until the onions are completely soft.

**3** Add the pumpkin, stock, water and yoghurt to the pan. Use a handheld blender to blend until smooth. Season with pepper.

**4** Divide the soup between serving bowls. Top with the extra yoghurt and a little leftover chopped chilli. Serve.

### NUTRITION INFO

**PER SERVE** 1060kJ (254Cal),  
**protein** 8g, **total fat** 13g (sat. fat 3g), **carbs** 22g, **fibre** 7g, **sodium** 465mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

focus

### COOK'S TIP

For a really silky soup, put the soup into a blender and blitz it in batches. Return to the pan, gently reheat, then season to taste.



A lighter way with a packet of mince, this nutritious meal provides plenty of protein and three serves of vegies, as well as being tasty to boot

# FAMILY FAVE

GFO LCO

## HEALTHY CHEAT'S RAGU

PREP 10 MINS COOK 40 MINS  
SERVES 4 (AS A MAIN)

1 tbsp olive oil  
2 large brown onions, halved or quartered, sliced  
3 large cloves garlic, finely grated  
500g extra-lean beef mince  
500g jar passata  
3 carrots, finely chopped  
1 tbsp thyme leaves  
2 tsp salt-reduced stock powder or gluten-free stock powder  
½ tsp ground white pepper  
200g (1⅓ cups) frozen peas  
4 x 150g Zerella Spud Lite Potatoes, unpeeled, baked, steamed or microwaved (see Cook's tip)

1 Heat the oil in a large non-stick frying pan over medium-low heat. Add the onions and cook, stirring occasionally, for 10 minutes or until the onions are very soft and start to turn golden. Add the garlic and cook, stirring, for 1 minute.

2 Add the mince to the pan and cook, breaking up with a wooden spoon, for 3-4 minutes or until the mince is golden brown. Add the passata, carrots, thyme, stock powder and pepper. Cover and reduce heat to low. Cook, stirring occasionally, for

25-30 minutes or until the meat and vegetables are tender. Add a splash of water to loosen, if you like.

3 Stir the peas into the pan and cook for 5-6 minutes or until tender.

4 Cut a cross on the top of each potato and squeeze to open. Spoon the filling between the potatoes. Serve.

### NUTRITION INFO

PER SERVE 1730kJ (414Cal), **protein** 37g, **total fat** 11g (sat. fat 3g), **carbs** 34g, **fibre** 13g, **sodium** 650mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

Instead of serving on potatoes, serve on bed of Slendier Edamame Bean Fettucine. Use 1 packet (200g) prepared following packet instructions.

### LCO NUTRITION INFO

PER SERVE 1660kJ (397Cal), **protein** 43g, **total fat** 12g (sat. fat 4g), **carbs** 23g, **fibre** 15g, **sodium** 638mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

HOW OUR  
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see page 90

### COOK'S TIP

To bake the potatoes, prick with a fork and spray lightly with cooking oil. Place on a tray lined with non-stick baking paper. Bake in an oven preheated to 200°C (fan-forced) for 45 minutes – 1 hour 15 minutes or until tender when pierced with a fork. Alternatively, steam or microwave the potatoes.

When paired with your choice of carb this meat sauce makes a filling lunch or dinner – plus you can easily double the amounts and freeze a batch for later.



mince







Tinned tomatoes are not the most glamorous of pantry items but you can certainly make an impressive variety of dishes with them



# TINNED TOMATOES



HOW OUR  
FOOD WORKS  
FOR YOU  
see page 90

Enchilada pie Recipe, page 46





GF LCO

## ENCHILADA PIE

PREP 15 MINS COOK 20 MINS

SERVES 4 (AS A MAIN)

1 tbsp olive oil  
2 red capsicums, sliced  
1 red onion, halved and sliced  
420g can no-added-salt four bean mix, rinsed and drained  
1 x 30g pkt Mingle Taco Mexican Fiesta Recipe Base  
400g can no-added-salt chopped tomatoes  
Freshly ground black pepper  
Handful of coriander, chopped  
4 corn tortillas  
100g light sour cream  
60g (½ cup) grated reduced-fat cheese

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the capsicum and onion. Cook, stirring often, for 6-7 minutes or until the onion and capsicum softens.

2 Add the beans, spice mix and chopped tomatoes to the pan. Season with pepper. Increase heat to high and bring to the boil. Reduce heat to medium and simmer for 5 minutes. Stir in most of the coriander.

3 Meanwhile, heat the tortillas following packet directions. Preheat grill on medium-high.

4 Spread a quarter of the bean mixture over the base of a round ovenproof dish. Top with some of the sour cream and a warm tortilla. Repeat the layers three more times, finishing off with a final layer of sour cream. Sprinkle over the cheese and place under the grill for 5 minutes or until golden and bubbling. Scatter with the remaining coriander and serve.

### NUTRITIONAL INFO

**PER SERVE** 1890kJ (452Cal), **protein** 17g, **total fat** 18g (sat. fat 7g), **carbs** 51g, **fibre** 11g, **sodium** 489mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten free**

### LOWER-CARB OPTION

Replace the tortillas with 4 Simson's Pantry Keto Wraps and replace the red capsicums with 2 green capsicums.

### LCO NUTRITIONAL INFO

**PER SERVE** 1710kJ (409Cal), **protein** 23g, **total fat** 19g (sat. fat 8g), **carbs** 26g, **fibre** 19g, **sodium** 419mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GF LC

## FISH WITH OLIVES & CRISPY PANCETTA

PREP 15 MINS COOK 20 MINS

SERVES 4 (AS A MAIN)

50g (¼ cup) pitted kalamata olives  
45g (¼ cup) sun-dried tomatoes  
400g can no-added-salt chopped tomatoes  
Freshly ground black pepper  
4 x 125g skinless and boneless cod fillets  
2 tbsp olive oil  
8 (50g) thinly sliced pancetta  
190g broccoli, cut into florets, steamed, to serve  
240g green beans, trimmed, steamed, to serve  
100g snow peas, steamed, to serve

1 Preheat oven to 180°C (fan-forced).

2 Put the olives, sun-dried tomatoes and canned tomatoes in an ovenproof dish. Season with pepper and stir to combine. Top with the fish and drizzle with the oil.

3 Bake the fish for 20 minutes, or until the fish is cooked when flaked gently with a fork.

4 Meanwhile, heat a medium non-stick frying pan over medium heat. Add the pancetta and cook for 1-2 minutes each side or until crisp.

4 Divide the fish and tomato mixture between serving plates or bowls. Break the pancetta into pieces and place on top of the fish. Serve with the steamed vegetables.

### NUTRITIONAL INFO

**PER SERVE** 1380kJ (330Cal), **protein** 31g, **total fat** 15g (sat. fat 3g), **carbs** 13g, **fibre** 7g, **sodium** 585mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**





Fish with olives & crispy pancetta

*Recipe, opposite*





Sausage & mushroom ragu  
Recipe, page 50





## TOMATO & BASIL SOUP

**PREP** 10 MINS **COOK** 15 MINS

**SERVES** 8 (AS A SNACK)

1 tbsp olive oil  
 2 cloves garlic, crushed  
 5 sun-dried tomatoes, roughly chopped  
 3 x 400g cans-no-added salt whole tomatoes  
 500ml (2 cups) salt-reduced vegetable stock or gluten-free stock  
 1 tsp caster sugar  
 Freshly ground black pepper  
 125g (½ cup) light sour cream  
 2 tsp basil pesto or gluten-free basil pesto, to serve  
 Basil leaves, to serve

**1** Heat the oil in a large saucepan over low heat. Add the garlic and cook, stirring often, for 1 minute or until softens.

**2** Add the sun-dried tomatoes, canned tomatoes, stock, sugar and pepper to the pan. Cover and bring to the boil over medium heat. Remove the lid and simmer for 10 minutes or until the tomatoes have broken down a little.

**3** Use a handheld blender to blend the tomato mixture, adding half the sour cream as you go.

**4** Divide the soup between serving bowls and top with the pesto and remaining sour cream. Top with the basil leaves and serve.

### NUTRITION INFO

**PER SERVE** 569kJ (143Cal), **protein** 3g, **total fat** 9g (sat. fat 3g), **carbs** 10g, **fibre** 2g, **sodium** 188mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**





**GFO LCO****SAUSAGE & MUSHROOM RAGU****PREP 10 MINS COOK 30 MINS****SERVES 4 (AS A MAIN)**

2 tbsp olive oil  
 1 carrot, grated  
 3 green shallots, finely chopped  
 2 cloves garlic, grated  
 200g button mushrooms, finely chopped  
 1 tsp dried oregano  
 1 tsp fennel seeds  
 6 Peppercorn Pork & Red  
 Onion Sausages, squeezed out of their skins  
 400g can no-added-salt chopped tomatoes  
 1 tbsp tomato sauce  
 100ml water  
 Freshly ground black pepper  
 140g (¾ cup) couscous, cooked following  
 packet directions, to serve

1 Heat the oil in a saucepan over medium heat. Add the carrot, shallots, garlic, mushrooms, oregano and fennel. Cook, stirring often, for 5 minutes.

2 Add the sausage meat to the pan and cook, stirring, for 1-2 minutes or until browned all over. Add the chopped tomatoes, tomato sauce and water. Reduce heat to low, cover and cook, stirring occasionally, for 20 minutes or until the sauce thickens. Season with pepper.

3 Serve the sausage ragu with the couscous.

**NUTRITION INFO**

**PER SERVE** 1970kJ (471Cal), **protein** 23g, **total fat** 21g (sat. fat 5g), **carbs** 44g, **fibre** 7g, **sodium** 721mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

**LOWER-CARB OPTION**

Replace the couscous with 4 cups warm cauliflower rice (1 cup per serve).

**LCO NUTRITION INFO**

**PER SERVE** 1580kJ (378Cal), **protein** 21g, **total fat** 21g (sat. fat 5g), **carbs** 22g, **fibre** 7g, **sodium** 777mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten free** • **Lower carb**

**GFO****CHICKEN CACCIATORE ONE-POT WITH ORZO****PREP 15 MINS COOK 1 HOUR SERVES 8 (AS A MAIN)**

1 tbsp olive oil  
 8 small skin-on, bone-in chicken thighs  
 Freshly ground black pepper  
 1 brown onion, finely sliced  
 2 cloves garlic, sliced  
 250ml (1 cup) red wine  
 2 bay leaves  
 4 thyme sprigs  
 2 rosemary sprigs  
 Small bunch flat-leaf parsley, stalks and leaves separated, finely chopped  
 2 x 400g cans no-added-salt chopped tomatoes  
 1 salt-reduced chicken stock cube or gluten-free chicken stock cube  
 300ml boiling water  
 1 tbsp balsamic vinegar  
 2 tbsp drained capers in vinegar  
 50g (½ cup) pitted green olives  
 225g (2 cups) orzo (rinsed so it doesn't get sticky) or small gluten-free pasta  
 2 bunches asparagus, woody ends trimmed, steamed, to serve  
 240g green beans, steamed, to serve

1 Preheat oven to 200°C (fan-forced). Rub the oil over the chicken and season with pepper. Place the chicken skin-side up in an ovenproof casserole dish or roasting tin and bake for 20-25 minutes or until crisp and golden, but not cooked all the way though. Transfer the chicken to a plate.

2 Add the onion and garlic to the dish. Cover and bake for 6-8 minutes or until the onion is tender. Pour the wine into the dish, stirring it with the onions, then leave to evaporate slightly in the residual heat before adding the bay leaves, thyme, rosemary, parsley stalks and tomatoes.

3 Dissolve the stock cube in the boiling water and add to the dish with the vinegar, capers, olives and orzo. Stir well and season with pepper. Nestle the chicken back in the pan, skin-side up, and roast for 20 minutes or until the sauce thickens, the orzo is tender and the chicken is cooked through.

4 Stir the ingredients, then set aside, covered, for 10 minutes to allow the orzo to absorb the excess liquid. Scatter over the parsley leaves. Serve with the steamed vegetables.

**NUTRITION INFO**

**PER SERVE** 2410kJ (577Cal), **protein** 33g, **total fat** 35g (sat. fat 10g), **carbs** 28g, **fibre** 5g, **sodium** 350mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**



**pantry power**

Chicken cacciatore one-  
pot with orzo  
*Recipe, opposite*





HOW OUR  
FOOD WORKS  
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see page 90

# Super SAVERS

Brilliant and affordable ideas for everyday meals

GFO

## SPICY VEGETABLE EGG FRIED RICE

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

- 1-2 long red chillies, deseeded, very finely chopped
- 3 cloves garlic, crushed
- 1 tbsp sunflower oil
- 2 large carrots, finely chopped
- 200g Chinese cabbage, shredded
- 165g ( $\frac{3}{4}$  cup) basmati rice, cooked following packet direction or 340g (2 cups) leftover cooked rice
- 3 x 60g eggs, lightly whisked
- 3 green shallots, sliced
- 200g ( $1\frac{1}{3}$  cups) frozen peas
- 1 tbsp salt-reduced soy sauce or gluten-free soy sauce, plus 1 tsp extra for serving

**1** Put the chillies and garlic in a mortar. Use a pestle to pound to make a paste.

**2** Heat the oil in a wok or large non-stick frying pan over medium-high heat. Add the carrots and stir-fry for 5 minutes or until tender. Add the cabbage and chilli paste and cook, stirring, for 1 minute.

**3** Add the cooked rice to the wok and cook, tossing, for 1 minute or until heated through. Push the rice mixture to one side of the pan. Add the eggs to the cleared space and scramble until set. Add the green shallots, peas and 1 tbsp soy sauce. Cook, tossing, for 1-2 minutes or until heated through. Serve.

### NUTRITIONAL INFO

**PER SERVE** 1300kJ (311Cal), **protein** 13g, **total fat** 9g (sat. fat 2g), **carbs** 40g, **fibre** 7g, **sodium** 481mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**



**budget**

Spicy vegetable  
egg fried rice  
*Recipe, opposite*





Fruity pork steaks  
*Recipe, page 56*





**Spicy potato  
wraps**  
*Recipe, page 58*





## **budget**

**GFO**

### **FRUITY PORK STEAKS**

**PREP** 10 MINS **COOK** 25 MINS **SERVES** 4 (AS A MAIN)

2 tsp Chinese five-spice powder  
4 x 120g boneless pork loin steaks,  
trimmed of any fat  
1 tbsp sunflower oil  
1 large red onion, cut into thin wedges  
through the root  
4 red apples, unpeeled, cored and cut into eighths  
2 tbsp Ocean Spray Jellied Cranberry Sauce  
1 tbsp red wine vinegar or apple cider vinegar  
200ml salt-reduced chicken stock  
or gluten-free stock  
2 carrots, sliced, steamed, to serve  
100g snow peas, steamed, to serve  
230g cauliflower florets, steamed, to serve

1 Sprinkle the Chinese five-spice over the pork and toss to coat. Heat half the oil in a large non-stick frying pan over medium-high heat. Add the pork and cook for 3 minutes each side until cooked through. Transfer to a plate, cover loosely with foil and set aside.

2 Add the remaining oil to the frying pan. Reduce heat to medium. Add the apples and cook, stirring occasionally, for 3 minutes. Stir in the cranberry jelly, vinegar and stock. Bring to the boil. Simmer for 8-10 minutes or until the sauce is slightly syrupy and the apples are tender.

3 Return the pork to the pan and turn to coat in the sauce. Cook for 1 minute or until heated through. Serve with the steamed vegetables.

#### **NUTRITIONAL INFO**

**PER SERVE** 1460kJ (349Cal), **protein** 31g, **total fat** 7g (sat. fat 1g), **carbs** 34g, **fibre** 10g, **sodium** 259mg  
• **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

#### **COOK'S TIP**

##### **STICKY PINEAPPLE PORK**

Fry the spiced pork as above, add the onions, then replace the apples with 140g chopped fresh pineapple chunks or 140g drained pineapple chunks in natural juices. Stir in the vinegar with 2 tbsp honey and 1 tbsp salt-reduced soy sauce or gluten-free soy sauce. Return the pork to the pan to reheat and glaze.

**GFO LCO**

### **MEATBALLS WITH ROSEMARY TOMATO SAUCE**

**PREP** 15 MINS **COOK** 35 MINS **SERVES** 6 (AS A MAIN)

2 tsp olive oil  
400g Woolworths Beef & Lamb Meatballs  
4 brown onions, finely sliced  
4 cloves garlic, finely sliced  
1 tbsp finely chopped rosemary, plus extra, to serve  
2 x 400g cans no-added-salt chopped tomatoes  
400g dried penne or gluten-free pasta

1 Heat 1 tsp of the oil in a large non-stick frying pan over medium-high heat. Add the meatballs and cook, turning often, for 3-4 minutes or until browned. Transfer the meatballs to a plate.

2 Add the onions to the pan with the remaining oil. Cook, stirring occasionally, for 10-15 minutes or until the onion is very soft. Add the garlic and rosemary. Cook, stirring, for 2 minutes.

3 Add the tomatoes and return the meatballs to the pan. Simmer for 10 minutes or until the sauce thickens and the meatballs are cooked through.

4 Meanwhile, cook the penne in a large saucepan of boiling water following packet instructions.

5 Divide the meatballs and pasta between serving bowls. Sprinkle with the extra rosemary.

#### **NUTRITIONAL INFO**

**PER SERVE** 2040kJ (488Cal), **protein** 23g, **total fat** 15g (sat. fat 6g), **carbs** 61g, **fibre** 7g, **sodium** 300mg  
• **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

#### **LOWER-CARB OPTION**

Replace the pasta with 2 x 200g packets Slendier Soy Bean Fettucine, prepared following packet instructions.

#### **LCO NUTRITIONAL INFO**

**PER SERVE** 1380kJ (330Cal), **protein** 25g, **total fat** 16g (sat. fat 6g), **carbs** 17g, **fibre** 10g, **sodium** 301mg  
• **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**



**Meatballs with rosemary  
tomato sauce**

*Recipe, opposite*

**\$2.10**  
PER  
SERVING



**GFO**

## SPICY POTATO WRAPS

**PREP** 15 MINS **COOK** 35 MINS **SERVES** 4 (AS A LIGHT MEAL)

1 tsp sunflower oil  
 ½ brown onion, sliced  
 1 tsp medium curry powder or gluten-free curry powder  
 ½ x 400g can no-added-salt chopped tomatoes  
 375g Zerella Spud Lite Potatoes, finely chopped  
 2 tbsp spiced mango chutney, plus extra 2 tsp per person, to serve  
 Freshly ground black pepper  
 100g low-fat natural yoghurt  
 1 tsp mint sauce  
 4 x 66g plain chapatis or gluten-free pita breads, heated following packet directions  
 Coriander sprigs, to serve

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes or until the onion starts to soften. Add ½ tsp of the curry powder and cook, stirring, for 30 seconds. Add the canned tomatoes. Stir. Cover and bring to the boil over high heat. Reduce heat to medium and simmer for 15 minutes.

**2** Meanwhile, cook the potatoes and remaining curry powder in a large saucepan of boiling water for 6-8 minutes or until just tender. Drain, reserving 50ml of the liquid.

**3** Add the potatoes and reserved liquid to the tomato sauce along with the 2 tbsp mango chutney. Season with pepper. Cook, stirring, over medium heat for 2-3 minutes or until heated through.

**4** Combine the yoghurt and mint sauce in a small bowl.

**5** Divide the potato mixture between the chapatis. Top with the yoghurt, coriander and extra mango chutney.

### NUTRITIONAL INFO

**PER SERVE** 1260kJ (301Cal), **protein** 9g, **total fat** 3g (sat. fat 0g), **carbs** 55g, **fibre** 6g, **sodium** 443mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

**GFO****LCO**

## SPICED CHICKPEA & POTATOES

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

300g Zerella Spud Lite Potatoes, cut into small pieces  
 1 tsp olive oil  
 2 brown onions, sliced  
 2 cloves garlic, crushed  
 1 tsp ground coriander  
 1 tsp ground turmeric  
 1 tsp ground chillies  
 1 tbsp cumin seeds  
 420g can no-added-salt chickpeas, drained and rinsed  
 2 tbsp tomato paste  
 400ml water  
 200g baby spinach leaves  
 Freshly ground black pepper  
 1 bunch coriander, leaves chopped  
 2 x 70g wholemeal naan bread or gluten-free pita, heated following packet instructions, halved  
 4 tbsp low-fat natural yoghurt  
 2 tbsp mango chutney, to serve

**1** Cook the potatoes in a medium saucepan of boiling water over medium-high heat for 8-10 minutes or until tender. Drain well.

**2** Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 6-7 minutes or until the onion starts to soften. Add the coriander, turmeric, ground chillies and cumin seeds. Cook, stirring, for 1 minute.

**3** Add the chickpeas, tomato paste and water to the pan. Increase heat to medium-high and simmer for 5 minutes. Drain the potatoes and add to the pan. Cook, stirring occasionally, for 5 minutes or until the sauce thickens. Stir in the spinach and cook, stirring, for 1-2 minutes or until wilted. Season with pepper.

**4** Scatter the coriander over the potato curry. Serve with naan, yoghurt and chutney.

### NUTRITIONAL INFO

**PER SERVE** 1300kJ (311Cal), **protein** 13g, **total fat** 8g (sat. fat 4g), **carbs** 42g, **fibre** 10g, **sodium** 323mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**



**LOWER-CARB OPTION**

Omit the Chapatis and mango chutney. Serve with 4 Simson's Pantry Low Carb Keto Wraps and 4 Tbsp low fat natural yoghurt.

**LCO NUTRITIONAL INFO**

**PER SERVE** 1200kJ (287Cal),  
**protein** 19g, **total fat** 8g (sat. fat  
3g), **carbs** 24g, **fibre** 17g, **sodium**  
293mg • **Carb exchanges** 1½  
• **GI estimate** low • **Lower carb**

Spiced chickpeas  
and potatoes  
*Recipe, opposite*



**\$3.70**  
PER  
SERVING



**budget**



**COVER  
STAR**



**GFO LCO**

## LAMB & MACARONI BAKE

**PREP** 20 MINS

**COOK** 1 HOUR 15 MINS

**SERVES** 8 (AS A MAIN)

1 tbsp olive oil  
1 large brown onion, chopped  
2 cloves garlic, crushed  
500g lean lamb mince  
1 salt-reduced beef stock cube  
or gluten-free stock cube  
1 tsp ground cinnamon  
2 x 400g cans no-added-salt  
chopped tomatoes  
1 tbsp dried oregano  
400g dried macaroni or  
gluten-free pasta  
250g light ricotta  
50g (1/3 cup) grated parmesan  
2½ tbsp skim milk  
Freshly ground black pepper

### **SALAD**

120g baby spinach leaves  
200g cherry tomatoes, halved  
1 large Lebanese cucumber,  
sliced  
1 small yellow capsicum, sliced  
¼ red onion, thinly sliced  
Drizzle balsamic vinegar

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the onions and reduce heat to medium-low. Cook, stirring occasionally, for 10 minutes or until the onion softens. Add the garlic and cook, stirring, for 1 minute. Add the lamb mince and increase heat to high. Cook, stirring, for 3-4 minutes or until the mince browns.

**2** Crumble the stock cube into the pan. Add the cinnamon, chopped tomatoes and oregano. Stir well. Cover and

reduce heat to medium. Simmer, stirring occasionally, for 15 minutes. Remove the lid and simmer for a further 15 minutes or until the sauce thickens.

**3** Meanwhile, cook the macaroni in a large saucepan of boiling water following pack instructions, or until al dente. Drain well. Preheat oven to 180°C (fan-forced).

**4** Put the ricotta, most of the parmesan and the milk in a bowl. Season with pepper. Mix until well combined. Stir into the macaroni. Tip the mince into a large baking dish. Top with the macaroni mixture, and scatter over the remaining parmesan. Bake for 30 minutes, or until golden and bubbling.

**5** Meanwhile, to make the salad, toss all the salad ingredients in a bowl. Drizzle with the vinegar. Serve the macaroni bake with the salad.

### **NUTRITIONAL INFO**

**PER SERVE** 1590kJ (380Cal),  
**protein** 26g, **total fat** 10g (sat. fat 4g), **carbs** 42g, **fibre** 5g, **sodium** 266mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

### **LOWER-CARB OPTION**

Replace the macaroni with 400g Atkins Penne.

### **LCO NUTRITIONAL INFO**

**PER SERVE** 1560kJ (373Cal),  
**protein** 45g, **total fat** 11g (sat. fat 4g), **carbs** 19g, **fibre** 10g, **sodium** 288mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

### **COOK'S TIP**

You can freeze any leftovers in individual portions for up to 3 months.



**Moroccan-inspired  
mushrooms with couscous**  
*Recipe, page 64*







## FEEL-GOOD FISHCAKES

**PREP** 15 MINS **COOK** 35 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

600g Zerella Spud Lite Potatoes, cut into chunks  
2 x 125g cans sardines in spring water, drained  
4 tbsp chopped flat-leaf parsley  
Zest and juice 1 lemon  
Freshly ground black pepper  
3 tbsp 99% fat-free mayonnaise or gluten-free mayonnaise  
4 tbsp low-fat Greek natural yoghurt  
1 tbsp plain flour or gluten-free plain flour  
4 tsp olive oil  
1 lemon, extra, cut into wedges, to serve

### SALAD

2 cups rocket leaves  
1 small avocado, sliced  
1 small red capsicum, sliced  
200g cherry tomatoes, halved  
Drizzle fresh lemon juice

**1** Cook the potatoes in a large saucepan of boiling water for 15-20 minutes or until tender.

**2** Meanwhile, coarsely mash the sardines in a bowl (there's no need to remove the bones as they're soft enough to eat). Mix in 3 tbsp of the parsley and half the lemon zest and juice. Mix the mayonnaise and yoghurt with the

remaining parsley, lemon zest and juice in a small bowl. Season with pepper.

**3** Drain the potatoes and return to the pan. Mash until smooth. Add the mashed potato to the sardine mixture. Season with pepper and mix to combine. Use floured hands to shape the mixture into 8 fishcakes. Dust the fishcakes lightly in the flour.

**4** Heat half the oil in a large non-stick frying pan over medium heat. Add half the fishcakes and cook for 3-4 minutes on each side, until golden and crisp. Transfer to a plate and cover loosely with foil. Repeat with the remaining oil and fishcakes.

**5** To make the salad; toss all the ingredients in a bowl.

**6** Serve the fishcakes with the lemony mayonnaise dressing, salad and lemon wedges.

## NUTRITIONAL INFO

**PER SERVE** 1240kJ (297Cal),  
**protein** 15g, **total fat** 12g (sat. fat 2g), **carbs** 24g, **fibre** 8g, **sodium** 235mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

## COOK'S TIP

Canned fish is often seen as inferior to its fresh counterpart, but canned sardines are especially nutritious because the canning process makes the bones easier to eat and digest, increasing the calcium content of your meal. Choose fish in spring water or in a healthier oil such as olive, rather than in salty brine, as canned fish can already have a high sodium content.





## MOROCCAN-INSPIRED MUSHROOMS WITH COUSCOUS

**PREP** 15 MINS **COOK** 15 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

2 tsp olive oil  
1 red onion, sliced  
1 tsp ground cumin  
½ tsp ground cinnamon  
300g button mushrooms, quartered  
400g can no-added-salt chopped tomatoes  
420g can no-added-salt chickpeas, drained and rinsed  
1 tsp honey  
Freshly ground black pepper  
100g (½ cup) couscous  
50g (¼ cup) dried apricots, finely chopped  
125ml (½ cup) boiling water  
Handful flat-leaf parsley, roughly chopped  
200g green beans, steamed, to serve

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 6 minutes. Add the cumin and cinnamon. Cook, stirring, for 1 minute.

**2** Add the mushrooms to the pan and cook, stirring, for 2 minutes. Stir in the canned tomatoes, chickpeas and honey. Season with pepper. Simmer for 7 minutes.

**3** Meanwhile, put the couscous and dried apricots in a small heatproof bowl. Season with pepper. Stir well. Pour over the boiling water. Mix well. Cover and set aside for 7 minutes or until the liquid is absorbed.

**4** Use a fork to fluff up the couscous. Stir in the parsley. Serve with Moroccan mushrooms and steamed beans.

### NUTRITIONAL INFO

**PER SERVE** 1190kJ (285Cal), **protein** 13g, **total fat** 4g (sat. fat 1g), **carbs** 43g, **fibre** 10g, **sodium** 45mg • **Carb exchanges** 3 • **GI estimate** medium

**GFO LCO**

## PORK & APPLE BURGERS WITH PICKLED RED CABBAGE

**PREP** 25 MINS **COOK** 25 MINS **SERVES** 4 (AS A MAIN)

500g lean pork mince  
1 apple, peeled, cored and grated  
1 tbsp chopped sage leaves  
2 tbsp red wine vinegar  
1½ tbsp caster sugar  
1 small red onion, finely sliced  
200g red cabbage, shredded  
2 tsp wholegrain mustard or gluten-free mustard  
4 x 70g bread rolls or gluten-free rolls, split in half

**1** Preheat oven to 180°C (fan-forced). Line a baking tray with non-stick baking paper.

**2** Put the pork mince, grated apple and sage in a bowl. Stir well to combine. Shape into 4 patties. Put the burgers on the lined tray and cook for 20-25 minutes or until golden and cooked through.

**3** Meanwhile, combine the vinegar and sugar in a small bowl. Stir to dissolve. Stir in the onion, cabbage and mustard. Set aside to stand and soften while the burgers finish cooking.

**4** To serve, put a patty in each roll and top with some pickled cabbage, serving any extra on the side.

### NUTRITIONAL INFO

**PER SERVE** 1720kJ (411Cal), **protein** 36g, **total fat** 8g (sat. fat 3g), **carbs** 48g, **fibre** 6g, **sodium** 412mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

## COOK'S TIP

### STIR-FRIED CABBAGE WITH SESAME

Heat 1 tbsp olive oil in a wok. Add 300g finely shredded red cabbage, 2 carrots, cut into matchsticks, and 2 cloves garlic, crushed. Stir-fry until tender, then add 1 tbsp salt-reduced soy sauce or gluten-free soy sauce and 1 tbsp honey. Cook for 1 minute, then drizzle over a little sesame oil and sprinkle with sesame seeds.

**Serves 4 (as a side).**

### NUTRITIONAL INFO

**PER SERVE** 589kJ (141Cal), **protein** 3g, **total fat** 8g (sat. fat 1g), **carbs** 13g, **fibre** 5g, **sodium** 234mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**



### LOWER-CARB OPTION

Reduce the sugar to 1 Tbsp and swap the rolls for 4 low carb rolls, such as Macro Lower Carb Linseed & Sunflower Bread Rolls.

### LCO NUTRITIONAL INFO

**PER SERVE** 2040kJ (488Cal),  
**protein** 51g, **total fat** 22g (sat. fat 4g), **carbs** 16g, **fibre** 10g, **sodium** 373mg • **Carb exchanges** 1  
• **GI estimate** low • **Lower carb**

Pork & apple burgers with  
pickled red cabbage  
Recipe, opposite



**budget**

**Paprika pork**

*Recipe, page 68*





Harissa lamb &  
hummus flatbreads  
*Recipe, page 68*

**LOWER-CARB OPTION**

Replace the flatbreads with 4 lower carb wraps, such as Woolworths Lower Carb Wholemeal Wraps.

**LCO NUTRITIONAL INFO**

**PER SERVE** 1200kJ (287Cal),  
**protein** 27g, **total fat** 11g (sat. fat  
3g), **carbs** 12g, **fibre** 14g, **sodium**  
456mg • **Carb exchanges** 1 • **GI**  
estimate low • **Lower carb**





**GFO LCO**

## PAPRIKA PORK

**PREP 10 MINS COOK 25 MINS**

**SERVES 4 (AS A MAIN)**

1 tbsp olive oil  
2 brown onions, thinly sliced  
400g pork fillet, trimmed of fat, cut into thick strips  
250g button mushrooms, sliced  
1½ tbsp smoked paprika  
1 tbsp tomato paste  
200ml salt-reduced chicken stock or gluten-free stock  
100g light sour cream  
Freshly ground black pepper  
150g dried tagliatelle or gluten-free pasta  
250g broccoli, cut into florets, steamed, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onions and stir. Reduce heat to medium-low and cook, stirring occasionally, for 12-15 minutes or until the onions soften and start to turn golden.

2 Increase heat to high and add the pork and mushrooms to the pan. Cook, stirring, for 3-4 minutes or until the pork is browned. Add the paprika and cook, stirring, for 1 minute.

3 Add the tomato paste and stock to the pan. Reduce heat to medium and simmer for 5-8 minutes or until the pork is cooked through.

4 Stir in the sour cream and season with pepper. Serve with the tagliatelle and broccolini.

### NUTRITIONAL INFO

**PER SERVE 1670kJ (400Cal), protein 35g, total fat 12g (sat. fat 5g), carbs 32g, fibre 8g, sodium 215mg • Carb exchanges 2 • GI estimate low • Gluten-free option**

**GFO LCO**

## HARISSA LAMB & HUMMUS FLATBREADS

**PREP 15 MINS COOK 10 MINS**

**SERVES 4 (AS A MAIN)**

2 x 150g lamb leg steaks, trimmed of fat  
2 tsp harissa paste  
Freshly ground black pepper  
4 (85g each) wholemeal flatbreads or gluten-free flatbreads  
4 tbsp hummus  
2 carrots, grated  
Handful of parsley, mint or coriander, chopped

1 Preheat grill on High. Put the lamb steaks on a baking tray. Add the harissa and rub all over the lamb. Season with pepper.

2 Place the lamb under the grill and cook for 2-3 minutes each side, or until just cooked. Transfer to a plate, cover loosely with foil and set aside.

3 Meanwhile, heat a chargrill plate over medium-high heat. Add one flatbread to the plate at a time. Cook for 1-2 minutes each side or until warmed through, wrap in foil.

4 Spread each wrap with 1 tbsp hummus. Toss the carrot and herbs in a bowl. Slice the lamb across the grain. Divide the lamb and carrot mix over the flatbreads. Drizzle over any of the resting juices. Serve.

### NUTRITIONAL INFO

**PER SERVE 1650kJ (395Cal), protein 25g, total fat 9g (sat. fat 2g), carbs 47g, fibre 9g, sodium 654mg • Carb exchanges 3 • GI estimate medium • Gluten-free option**

**GF**

## SPINACH DHAL WITH PANEER

**PREP 10 MINS COOK 20 MINS**

**SERVES 4 (AS A MAIN)**

250g dried red lentils, rinsed and drained  
1 tbsp sunflower oil  
1 clove garlic, crushed  
Small piece ginger, grated  
2 tsp garam masala  
½ x 400ml can light coconut milk  
200g paneer, cut into 2cm cubes  
100g baby spinach leaves  
Few coriander leaves

1 Cook the lentils in a medium saucepan of boiling water for 8-12 minutes or until tender. Drain.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the garlic, ginger and garam masala. Cook, stirring often, for 2-3 minutes. Reserve 2 tbsp of the coconut milk. Add the remaining coconut milk to the pan and simmer for 5 minutes.

3 Preheat grill to high. Line a baking tray with foil. Put the paneer on the lined tray and cook under grill for 5 minutes, turning once, until golden.

4 Stir the spinach into the lentil mix. Cook, stirring, for 1-2 minutes or until the spinach wilts. Divide the dhal between serving bowls. Top with the paneer, coriander and reserved coconut milk. Serve.

### NUTRITIONAL INFO

**PER SERVE 1630kJ (389Cal), protein 23g, total fat 17g (sat. fat 9g), carbs 32g, fibre 11g, sodium 112mg • Carb exchanges 2 • GI estimate low • Gluten free**



**COOK'S TIP****SPINACH DHAL WITH CHICKEN**

Omit the paneer. Marinate 2 (300g) skinless chicken breasts, trimmed of fat in 3 tbsp low-fat natural yoghurt, juice 1 lime and 1 crushed clove garlic for 20 minutes. Grill for 4-5 minutes each side or until cooked through. Shred and serve with the dhal.

**Serves 4.**

**NUTRITIONAL INFO**

**PER SERVE** 1590kJ (380Cal),  
**protein** 33g, **total fat** 11g (sat. fat  
4g), **carbs** 31g, **fibre** 10g, **sodium**  
76mg • **Carb exchanges** 2 • **GI**  
**estimate** low • **Gluten free**



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# SHE'S NOT A SUPER WOMAN



The person she cares for thinks she's a superwoman, but she's not paid super.

Seven out of 10 primary carers are women\* and are expected to have superhuman abilities to care full-time, look after family and keep money coming in. But without super, it's really hard. The deficit adds up – big time. Enough to make or break her in later life, putting her retirement and future at risk.

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For more information visit  
[costofcaring.com.au](http://costofcaring.com.au)

\*Australian Bureau of Statistics, 2018

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OF  
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**are** media | **diabetic**  
LIVING



# WINTER WARMERS

Turn up the heat with comforting dishes that warm you from the inside

GFO

## VEGETARIAN BEAN POT WITH HERBY BREADCRUMBS

PREP 10 MINS COOK 35 MINS  
SERVES 2 (AS A MAIN)

1 slice Low GI White bread or gluten-free bread, toasted  
½ small bunch flat-leaf parsley  
Zest of ½ lemon  
2 tbsp olive oil  
Freshly ground black pepper  
Pinch chilli flakes  
2 leeks, rinsed, chopped into half-moons  
2 carrots, thinly sliced  
2 celery sticks, thinly sliced  
1 fennel bulb, thinly sliced  
2 large cloves garlic, chopped  
1 tbsp no-added-salt tomato paste  
Few sprigs thyme  
150ml white wine  
425g can no-added-salt cannellini beans, drained

1 Tear the toast into pieces and put in a small food processor. Add the parsley, lemon zest, ½ tbsp olive oil, pepper and the chilli flakes. Process to breadcrumbs. Set aside.

2 Heat the remaining oil in a large non-stick frying pan over medium heat. Add the leeks, carrots, celery

and fennel along with a splash of water. Cook, stirring occasionally, for 10 minutes or until softens. Add the garlic and tomato paste. Cook, stirring, for 1 minute. Add the thyme and white wine. Cook, stirring, for 1 minute. Stir in the beans. Fill the can halfway with water and pour into the pan.

3 Bring the mixture to the boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 15 minutes before removing the

thyme sprigs. Mash half the beans to thicken the stew. Season with pepper.

4 Divide the bean mixture between serving bowls. Top with the herby breadcrumbs.

### NUTRITIONAL INFO

PER SERVE 2070kJ (495Cal),  
protein 17g, total fat 21g (sat. fat 3g), carbs 44g, fibre 23g, sodium 293mg • Carb exchanges 3 • GI estimate low • Gluten-free option





## comfort food

GFO LCO

### SPEEDY PORK STROGANOFF TAGLIATELLE

PREP 5 MINS COOK 15 MINS

SERVES 4 (AS A MAIN)

20g light margarine  
1 tsp olive oil  
400g lean pork mince, rolled into small meatballs  
350g portobello or large cap mushrooms, sliced  
1 tsp smoked paprika  
250ml (1 cup) light sour cream  
½ tbsp wholegrain mustard or gluten-free mustard  
150ml salt-reduced beef stock or gluten-free beef stock  
Freshly ground black pepper  
400g dried tagliatelle or gluten-free pasta  
Small bunch flat-leaf parsley, chopped

1 Heat the margarine and oil in a large non-stick frying pan over medium-high heat until foaming. Add the pork meatballs to the pan. Cook, stirring often, for 5-8 minutes or until golden brown.

2 Add the mushrooms to the pan and cook, stirring often, for a further 5 minutes or until softens. Stir in the paprika. Cook, stirring, for 1 minute. Stir in the sour cream, mustard and stock. Bring to a simmer. Season with pepper.

3 Meanwhile, cook the pasta in a large saucepan of boiling water following pack instructions.

4 Add the pasta to the sauce with half the parsley. Toss to combine. Divide the mixture between deep serving bowls. Sprinkle with the remaining parsley and serve.

#### NUTRITIONAL INFO

**PER SERVE** 2380kJ (569Cal), **protein** 36g, **total fat** 22g (sat. fat 11g), **carbs** 56g, **fibre** 4g, **sodium** 255mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

#### LOWER-CARB OPTION

Replace the tagliatelle with 300g Slendier Soy Bean Fettucine, prepared following packet instructions.

#### LOWER-CARB OPTION NUTRITIONAL INFO

**PER SERVE** 1640kJ (392Cal), **protein** 38g, **total fat** 23g (sat. fat 12g), **carbs** 7g, fibre 8g, **sodium** 256mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**







## MEATBALL & BLACK BEAN CHILI

**PREP** 10 MINS **COOK** 30 MINS  
**SERVES** 4 (AS A MAIN)

- 2 tbsp olive oil
- 12 Woolworths Beef & Vege Meatballs
- 1 brown onion, finely sliced
- 2 capsicums, sliced
- ½ bunch coriander, leaves and stalks chopped
- 2 large cloves garlic, crushed
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp brown sugar
- 2 x 400g cans no-added-salt chopped tomatoes
- 2 x 420g cans no-added-salt black beans, drained and rinsed

75g (⅓ cup) SunRice Low-GI White Rice, cooked following packet directions, to serve

**1** Heat the oil in a large flameproof casserole dish or large, deep non-stick frying pan over medium heat. Add the meatballs and cook, stirring often, for 5 minutes or until well browned. Use a slotted spoon to transfer to a plate.

**2** Add the onion and capsicum to the casserole dish. Cook, stirring occasionally, for 7 minutes or until the onion starts to soften. Add the coriander stalks, garlic, cumin and paprika. Cook, stirring, for 1 minute. Add the sugar, tomatoes and beans to the dish. Stir well. Cover and

bring to a simmer over high heat. Reduce heat to medium-low and add the meatballs. Cover and cook for 15 minutes or until the meatballs are cooked through.

**3** Divide the meatballs and rice between serving bowls. Sprinkle with the coriander leaves and serve.

### NUTRITIONAL INFO

**PER SERVE** 2160kJ (517Cal),  
**protein** 26g, **total fat** 18g (sat. fat 5g), **carbs** 58g, **fibre** 12g, **sodium** 287mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten free**

### COOK'S TIP

Freeze any leftovers in individual airtight containers for up to 3 months. Defrost in the fridge overnight and then heat in a saucepan or the microwave.



GFO LC

## SLOW COOKER HONEY & MUSTARD PORK LOIN

**PREP** 30 MINS (+ 2 HOURS OR OVERNIGHT MARINATING)  
**COOK** 6 HOURS **SERVES** 8 (AS A MAIN)

1½ tsp fennel seeds  
 2 cloves garlic  
 5-6 thyme sprigs  
 2 tbsp olive oil  
 Freshly ground black pepper  
 1.8kg pork loin, skin removed, thin layer of fat left on top, fat well scored (cut from the thicker end of the joint)  
 300g eschalots  
 1 small celeriac, peeled, quartered, cut into chunks  
 2 red apples, peeled, cored, cut into wedges  
 150ml white wine  
 250ml (1 cup) salt-reduced chicken stock or gluten-free stock  
 1 tbsp honey  
 1 tbsp Dijon mustard or gluten-free mustard  
 400g green beans, steamed, to serve  
 3 bunches broccolini, steamed, to serve

**1** Put the fennel, garlic and the leaves of 3 thyme sprigs in a mortar. Use a pestle to lightly crush. Add 1 tbsp of the oil and season well with pepper. Bash to a rough paste. Rub the mixture over the pork. Cover and chill for at least 2 hours, or overnight to marinate.

**2** Pour a kettleful of boiling water over the eschalots and leave to soak for 2 minutes. Drain and rinse under cold water until cool enough to handle (this will make them easier to peel). Cut off the roots and prise off the papery skins.

**3** Heat the remaining oil in a large non-stick frying pan or casserole dish large enough to fit the pork joint over medium heat. Add the eschalots and cook, stirring, for 2 minutes. Transfer to the slow cooker. Add the celeriac and apples to the slow cooker. Season with pepper.

**4** Increase the pan heat to medium-high and add the pork. Cook, turning occasionally, for 4-5 minutes or until browned all over. Transfer the pork, fat-side up to the slow cooker on top of the vegetable mixture.

**5** Pour the wine into the frying pan and simmer for 1 minute. Add the stock, honey and mustard to the pan. Stir. Simmer for 1 minute. Pour the stock mixture over the pork in the slow cooker. Cover and cook on low for 6 hours, turning the pork over if time allows halfway during cooking.

**6** Transfer the pork to a dish and cover loosely with foil to keep warm. Set aside to rest for 10 minutes before carving. Serve with the cooked vegetables steamed greens.

### NUTRITIONAL INFO

**PER SERVE** 1740kJ (416Cal),  
**protein** 50g, **total fat** 16g (sat. fat 5g), **carbs** 14g, **fibre** 7g, sodium 263mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

### COOK'S TIP

If you are short of time, you can cook the pork on High setting for 3-4 hours. Smaller slow cookers will take less time than larger ones.





GF LC

## MOROCCAN ROAST LAMB WITH ROASTED ROOT VEGETABLES

PREP 15 MINS COOK 1 HOUR  
SERVES 4 (AS A MAIN)

- 1 small (800g) leg of lamb, at room temperature, trimmed of excess fat
- 2 tbsp olive oil
- 2 red onions, cut into wedges
- 800g butternut pumpkin, skin left on, cut into wedges, deseeded
- 1 celeriac, peeled, cut into wedges
- 2 tbsp Moroccan seasoning
- Freshly ground black pepper
- 8 cloves garlic, skin on
- 1 small bunch coriander
- ½ tsp cumin seeds
- Zest and juice 1 lemon
- ½ long green chilli, deseeded

**1** Preheat oven to 180 C (fan-forced). Line a large roasting tin with non-stick baking paper. Use a sharp knife to cut a few slashes in the meat. Rub 2 teaspoons of the oil and 1 tbsp of the seasoning over the lamb. Season with pepper.

**2** Put the onion, celeriac, pumpkin and garlic in the lined tin. Toss with the remaining seasoning and oil. Season with pepper. Nestle the lamb into the tin and roast for 40 minutes.

**3** Remove the lamb from the oven, cover loosely with foil and set aside to rest. Return the vegetables to the oven for 20 minutes.

**4** Meanwhile, put the coriander, cumin seeds, lemon zest and juice, and green chilli in a small food processor. Process until finely chopped and vivid green.

**5** Carve the lamb and place on a serving platter with the vegetables. Sprinkle over some of the coriander mix, serving the remaining in a small dish on the side for people to help themselves.

### NUTRITIONAL INFO

**PER SERVE** 1990kJ (476Cal), protein 41g, total fat 21g (sat. fat 6g), carbs 23g, fibre 11g, sodium 656mg • Carb exchanges 1½ • GI estimate low • Gluten free • Lower carb



These better-for-you treats are the perfect indulgence, to round out a winter meal, or for a decadent afternoon tea

Sticky fig puddings  
with vanilla custard

*Recipe, page 78*

# THE STICKY & THE SWEET





**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 90

Poached pear in red  
wine and spices  
*Recipe, page 78*



## FIGGY PUDDINGS

**PREP** 15 MINS **COOK** 20 MINS

**SERVES** 12 (AS A DESSERT)

100g dried figs, finely chopped  
1 tsp bicarbonate of soda  
125ml (½ cup) boiling water  
80g light margarine  
60g (⅓ cup, lightly packed) dark brown sugar  
1 x 60g egg, lightly whisked  
1 tsp vanilla extract  
80g (½ cup) wholemeal self-raising flour  
75g (½ cup) self-raising flour  
1 tsp ground ginger  
1 tsp mixed spice

### VANILLA CUSTARD

2 x 60g egg yolks  
1 tbsp custard powder  
1 tbsp caster sugar  
250ml (1 cup) skim milk  
½ tsp vanilla extract

1 Preheat oven to 180°C (fan-forced). Spray a 20cm (base measurement) square cake tin with cooking spray. Line the base and side with non-stick baking paper.

2 Put the dried figs in a medium heatproof bowl. Sprinkle over the bicarbonate of soda. Pour over the boiling water. Stir. Set aside.

3 Using electric beaters, beat the margarine and sugar for 2-3 minutes or until pale and creamy. Add the egg and vanilla extract and beat until well combined. Sift the flours, ginger and mixed spice into a small bowl, returning any of the wholemeal husks to the bowl.

4 Add the flour mixture to the creamed mixture with the fig mixture. Using a wooden spoon mix until well combined. Pour the mixture into the lined pan and use the back of a spoon to smooth the surface. Add pan to oven and reduce temperature to

160°C (fan-forced). Bake for 18 minutes or until a skewer inserted into the centre of the cake comes out clean. Set aside in the pan for 10 minutes before turning out onto a wire rack.

5 Meanwhile, to make the vanilla custard, put the egg yolks, custard powder and sugar in a small saucepan. Whisk together. Gradually whisk in enough milk to form a smooth paste. Whisk in the remaining milk. Put the pan over medium heat and stir until the custard thickens. Whisk in the vanilla extract. Transfer to a jug and cover the surface with a piece of plastic wrap to prevent a skin forming.

6 Cut the cake into 12 pieces and place a piece on each serving plate. Spoon 1 tablespoon custard over each piece and serve.

### NUTRITIONAL INFO

**PER SERVE** 597kJ (143Cal),  
**protein** 4g, **total fat** 4g (sat. fat 2g), **carbs** 22g, **fibre** 2g, **sodium** 244mg • **Carb exchanges** 1½  
• **GI estimate** medium

GF

## POACHED PEARS IN RED WINE AND SPICES

**PREP** 10 MINS **COOK** 45 MINS  
**SERVES** 6 (AS A DESSERT)

500ml (2 cups) water  
375ml (1½ cups) red wine  
125ml (½ cup) fresh orange juice  
Juice of half a lemon  
60g (¼ cup) caster sugar or granulated sugar substitute  
3 cardamom pods, split  
1 cinnamon stick, broken in half  
4 strips orange rind, white pith removed  
6 small firm pears, peeled, halved

1 Put the water, wine, orange juice, lemon juice, sugar, cardamom pods, cinnamon stick and orange rind in a medium saucepan. Stir over medium heat until the sugar dissolves.

2 Add the pear halves to the poaching liquid and cover with a round of non-stick baking paper. Place the saucepan lid on and bring to a simmer over medium heat. Reduce heat to medium-low and cook, covered, for 35 minutes or until the pears are tender.

3 Remove the pan from the heat and leave the pears in the poaching liquid for 10 minutes. Using a slotted spoon transfer the pears to a dish. Strain the poaching liquid, discarding the spices. Return 500ml (2 cups) of the poaching liquid to the pan and bring to a boil over high heat. Reduce heat to medium-high and simmer, uncovered, for 10 minutes or until the mixture reduces by half.

4 To serve warm, place two pear halves in each shallow serving bowl. Spoon the reduced poaching liquid over the pears. Serve.

### NUTRITIONAL INFO

**PER SERVE (with sugar)** 546kJ (131Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 26g, **fibre** 3g, **sodium** 15mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**  
**PER SERVE (with sugar substitute)** 403kJ (96Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 17g, **fibre** 3g, **sodium** 15mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**



## STICKY DATE PUDDING WITH CARAMEL SAUCE

**PREP** 15 MINS (+ 30 MINS STANDING)

**COOK** 30 MINS **SERVES** 12 (AS AN OCCASIONAL DESSERT)

150g dried dates, finely chopped

1 tsp bicarbonate of soda

185ml (¾ cup) boiling water

80g light margarine, melted,  
cooled

1 x 60g egg

2 egg whites (from 60g eggs)

60ml (¼ cup) skim milk

200g (1½ cups) wholemeal  
self-raising flour

### CARAMEL SAUCE

2 tsp cornflour

60ml (¼ cup) skim milk

185ml can light evaporated milk

80g (⅓ cup, lightly packed) brown  
sugar (see Cook's tip)

1 Preheat oven to 160°C (fan-  
forced). Spray a 20cm (base) round  
cake pan with cooking spray. Line

the base and side of the pan with  
non-stick baking paper.

**2** Put the dates and bicarbonate of  
soda in a large bowl. Pour over the  
boiling water. Stir. Set aside for 20  
minutes. Whisk together the  
margarine, egg, egg whites and  
milk in a bowl.

**3** Add the egg mixture to the date  
mixture and mix until well  
combined. Add the flour in two  
batches, stirring well in between  
each addition. Pour the batter into  
the cake pan. Cook in oven for  
20-25 minutes or until a skewer  
inserted into the centre comes out  
clean. Set aside in the pan for 10  
minutes. Turn out onto a cake rack.

**4** To make the caramel sauce, place  
the cornflour in a small saucepan.  
Stir in enough of the milk to form a  
smooth paste. Whisk in the  
remaining milk and evaporated  
milk. Add the sugar. Whisk

constantly over low heat until the  
sauce thickens and comes to a  
simmer. Simmer, uncovered,  
stirring for 1 minute. Remove the  
pan from heat and pour through a  
sieve into a heatproof jug. Place a  
piece of plastic wrap directly onto  
the top of the sauce to prevent a  
skin forming.

**5** Cut the cake into serving pieces.  
Place on serving plates. Spoon  
about 1 tablespoon sauce over  
each piece. Serve.

### NUTRITIONAL INFO

**PER SERVE** 719kJ (172Cal), **protein**

5g, **total fat** 4g (sat. fat 2g), **carbs**

29g, **fibre** 3g, **sodium** 280mg

• **Carb exchanges** 2 • **GI estimate**  
medium

### COOK'S TIP

- Sugar substitute is not suitable  
for this recipe.
- If you prefer, you can omit the  
caramel sauce and serve with  
low-fat custard.





**Chocolate & prune  
fudge brownie**  
*Recipe, page 82*





Apple tarte tatin  
Recipe, page 82





## CHOCOLATE & PRUNE FUDGE BROWNIE

**PREP** 10 MINS (+ 10 MINS COOLING)  
**COOK** 15 MINS **SERVES** 12 (AS A  
DESSERT; 1 PIECE PER SERVE)

200g pitted prunes, finely  
chopped  
60g light margarine  
80g (½ cup, lightly packed)  
brown sugar or brown sugar  
substitute  
35g (⅓ cup) cocoa powder, sifted  
50g good-quality dark  
chocolate, chopped  
160ml (⅔ cup) freshly brewed  
coffee  
2 x 60g eggs, lightly whisked  
55g (⅓ cup) wholemeal self-  
raising flour  
50g (⅓ cup) self-raising flour  
Cocoa powder, to dust (optional)

**1** Preheat oven to 140°C (fan-  
forced). Spray an 18 x 28cm (base)  
slab tin with cooking spray.

**2** Place the prunes, margarine,  
sugar, cocoa powder, chocolate  
and coffee in a medium saucepan.  
Stir over low heat until the  
chocolate and sugar melts and  
mixture is well combined. Set  
aside for 10 minutes to cool.

**3** Add the eggs to the prune  
mixture and mix until well  
combined. Pour into a large bowl.  
Sift the flours over the mixture.  
Mix until well combined. Pour into  
the greased tin and smooth the  
surface. Bake for 12 minutes or  
until just set. Set aside for 20  
minutes in the pan before turning  
out onto a wire rack to cool  
completely.

**4** Cut into serving pieces. Dust  
with cocoa.

### NUTRITIONAL INFO

**PER PIECE (with sugar)** 611kJ  
(146Cal), **protein** 4g, **total fat** 5g  
(sat. fat 2g), **carbs** 20g, **fibre** 3g,

**sodium** 102mg • **Carb**  
**exchanges** 1½ • **GI estimate**  
medium

**PER PIECE (with sugar**  
**substitute)** 515kJ (123Cal),  
**protein** 4g, **total fat** 5g (sat. fat  
3g), **carbs** 14g, **fibre** 3g, **sodium**  
101mg • **Carb exchanges** 1 • **GI**  
**estimate** medium

## APPLE TARTE TATIN

**PREP** 15 MINS **COOK** 30 MINS  
**SERVES** 6 (AS AN OCCASIONAL  
DESSERT)

60g (¼ cup) white sugar  
2 tbsp water  
3 large (160g each) pink lady  
apples, peeled, quartered, core  
removed, sliced  
2 tsp light margarine  
½ tsp mixed spice  
1 sheet 25% reduced-fat puff  
pastry, thawed  
1 x 60g egg, lightly whisked  
Icing sugar combined with a  
little extra mixed spice, for  
dusting (optional)

**1** Preheat oven to 200°C (fan-  
forced). Spray a 20cm, 3½cm  
deep (base measurement)  
shallow non-stick round cake tin  
with cooking spray. Line the base  
with non-stick baking paper.

**2** Put the sugar and water in a  
medium non-stick frying pan.  
Cook, stirring, over low heat until  
the sugar dissolves completely,  
brushing down the side of the  
pan with a brush dipped in water  
to prevent any sugar crystals  
forming. Once the sugar has  
completely dissolved, increase  
the heat to medium-high and  
bring to a boil. Boil, uncovered, for  
3-4 minutes or until the sugar  
turns a golden brown in colour.

**3** Add the apple slices and  
margarine to the pan. Toss to coat.

Cook apples, stirring often, for 3-4  
minutes or until the apples are  
light golden brown and cooked  
halfway through. Remove the pan  
from the heat and set aside to  
cool for 5 minutes. Arrange the  
apples over the base of the lined  
pan, overlapping slightly to fit.  
Spoon over any remaining sauce  
in the pan. Sprinkle over the  
mixed spice.

**4** Place the pastry on top of the  
apples and cut the sheet of pastry  
to fit. Push the pastry down over  
the apples, tucking in the edges  
of the pastry so the apples are  
completely sealed in. Brush the  
top of the pastry with a little egg  
and place on a baking tray in the  
oven for 20 minutes or until the  
pastry is golden brown.

**5** Using a small, sharp knife,  
loosen the pastry around the  
edge. Turn out onto serving plate  
(don't worry if a few apple slices  
stick to the paper, simply arrange  
them back on top of the tart).  
Dust with a little combined icing  
sugar and extra mixed spice, if  
you like, to serve.

### NUTRITIONAL INFO

**PER SERVE** 766kJ (183Cal),  
**protein** 4g, **total fat** 5g (sat. fat  
2g), **carbs** 31g, **fibre** 2g, **sodium**  
111mg • **Carb exchanges** 2 • **GI**  
**estimate** low



## RHUBARB & APPLE CRUMBLE

**PREP** 15 MINS (+ 15 MINS STANDING)  
**COOK** 1 HOUR **SERVES** 6 (AS A DESSERT)

600g red cooking apples (such as pink lady or royal gala), washed, unpeeled, cored, thinly sliced  
 1 bunch rhubarb, trimmed, washed, cut into 2cm pieces  
 1½ tbsp caster sugar or granulated sugar substitute  
 Pinch ground cinnamon  
 2 tbsp water  
 1½ tbsp fresh lemon juice

### CRUMBLE TOPPING

2 tbsp wholemeal plain flour  
 2 tbsp plain flour  
 2 tbsp brown sugar or brown sugar substitute  
 ½ tsp ground cinnamon  
 40g light margarine  
 2 tbsp rolled oats

**1** Preheat oven to 160°C (fan-forced). Place the apples, rhubarb, sugar, cinnamon, water and lemon juice in a large bowl. Toss well to combine. Set aside for 15 minutes. Toss again. Transfer the apple mixture and juices to a 2L (8 cup) ovenproof dish.

**2** To make the crumble, place the flours, sugar and cinnamon in a bowl. Add the spread and use your fingertips to rub in until fine crumbs. Stir in the oats.

**3** Sprinkle the crumble topping over the fruit. Cover with foil and bake for 40-50 minutes or until the fruit is tender. Remove the foil and increase oven temperature to 180°C (fan-forced). Cook, uncovered, for a further 10 minutes or until the crumble is golden brown.

**4** Set the crumble aside for 10 minutes before serving.

## NUTRITIONAL INFO

**PER SERVE** (with sugar) 720kJ (172Cal), **protein** 3g, **total fat** 3g (sat. fat 1g), **carbs** 29g, **fibre** 6g, **sodium** 40mg • **Carb exchanges** 2 • **GI estimate** low

**PER SERVE** (with sugar substitute) 602kJ (144Cal), **protein** 3g, **total fat** 3g (sat. fat 1g), **carbs** 21g, **fibre** 6g, **sodium** 39mg • **Carb exchanges** 1½ • **GI estimate** low









GFO

## CARDAMOM & CHOCOLATE SOUFFLE PUDDINGS

PREP 10 MINS COOK 20 MINS SERVES 4 (AS A DESSERT)

2 tbsp cocoa powder  
1 tbsp self-raising flour or gluten-free self-raising flour  
2 tbsp caster sugar  
80ml (1/3 cup) skim milk  
1/2 tsp ground cardamom  
2 x 60g eggs, separated  
1 egg white (from 60g egg)  
4 small scoops Peters No Sugar Vanilla Ice-Cream, to serve  
Extra cocoa powder for dusting, to serve

1 Preheat oven to 200°C (fan-forced). Spray 4 x 185ml (3/4 cup) ovenproof ramekins with cooking spray. Place on a baking tray.

2 Sift the cocoa powder and flour into a small saucepan. Stir in the flour. Gradually whisk in the milk until smooth. Place the pan over medium heat and cook, whisking, until the mixture comes to a simmer. Remove the pan from the heat and whisk in the ground cardamom. Transfer to a medium bowl. Set aside for 10 minutes to cool slightly.

3 Add the egg yolks to the sauce and whisk until well combined. Using clean beaters whisk the 3 eggwhites in a medium bowl until firm peaks form. Add a large spoonful of the egg whites to the cocoa mixture and mix in until well combined. Add the remaining egg whites and fold in until just combined.

4 Spoon the mixture carefully between the greased dishes. Bake for 18-20 minutes or until the mixture is puffed and set. Place one soufflé pudding on each serving plate. Top each with a scoop of ice-cream and dust with cocoa powder. Serve immediately.

### NUTRITIONAL INFO

PER SERVE 562kJ (134Cal), protein 8g, total fat 4g (sat. fat 1g), carbs 14g, fibre 3g, sodium 105mg

• Carb exchanges 1 • GI estimate medium  
• Gluten-free option



# COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

SEASONAL FRESH

## BUTTERNUT PUMPKIN

Whether stuffed, roasted or baked here's how to prepare a butternut pumpkin



**STEP 1** Hold the pumpkin steady on your chopping board and use a sharp knife to trim the top and the bottom. Split the pumpkin in half where the long 'neck' meets the bulbous end.



**STEP 2** If you need to peel the pumpkin, use a y-shaped or swivel-blade vegetable peeler.



**STEP 3** Cut the base in half to expose the seeds and scoop them out using a spoon (these can be roasted for a snack) Stuff the cavity and roast, or slice the pumpkin into wedges or chunks, depending on your recipe.





## SECOND DESSERT

Toast a Nanna's Waffle and top with 3 sliced strawberries, ½ sliced banana and a drizzle of sugar-free maple syrup.

**Serves 1.**

**PER SERVE** 417kJ (100Cal), **protein** 2g, **total fat** 1g (sat. fat 0g), **carbs** 19g, **fibre** 2g, **sodium** 135mg • **Carb exchanges** 1½ • **GI estimate** medium

## SUPERMARKET CRUSH

### Heartful Flavours Meal Bases

Meal bases make cooking at home a breeze. However, many on the market can be loaded with sodium, sugar and fats. Heartful Flavours

Meal Bases are founded and developed by an expert dietitian to contain no-added salt and sugar; they are low in saturated fat and sodium; and they contain no preservatives or additives. Each meal base carries a 5-star health rating and come with a healthy recipe to ensure you are balancing your meals with lean protein, vegetables and healthy carbohydrates. **Available from [heartfulflavours.com](http://heartfulflavours.com) and selected health food shops.**

**RRP \$9.99**



FOR PUMPKIN GOODNESS TURN TO PAGE 36 FOR SOME OF OUR FAVE PUMPKIN RECIPES



## QUICK & HEALTHY SNACKS

### GF PUMPKIN, SAGE AND PARMESAN CORN CAKES

Spread 2 corn cakes with ¼ cup mashed cooked pumpkin. Top with a few shredded sage leaves, few slices ripe tomatoes and a few Parmesan shavings. Sprinkle with freshly ground black pepper.

**Serves 1.**

**PER SERVE** 591kJ (141Cal), **protein** 6g, **total fat** 3g (sat. fat 1g), **carbs** 22g, **fibre** 3g, **sodium** 132mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free**



### CORN & PINEAPPLE MELT

Split a mixed grain English muffin or gluten-free muffin in half. Top each half with 1 tbsp no-added-salt drained corn kernels and 1 pineapple thin. Place a slice of reduced-fat cheese on top of each. Cook under grill until cheese melts. Sprinkle with freshly ground black pepper. **Serves 2.**

**PER SERVE** 781kJ (187Cal), **protein** 10g, **total fat** 6g (sat. fat 3g), **carbs** 20g, **fibre** 2g, **sodium** 246mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

### GF MINTY MOCHA

Put 1 tbsp cocoa powder and 10g mint chocolate in a heatproof mug. Top with 80ml (1/3 cup) freshly brewed coffee. Whisk until well combined. Pour in 125ml (½ cup) hot skim milk. Dust the top with a little extra cocoa powder. **Serves 1.** **PER SERVE** 527kJ (126Cal), **protein** 8g, **total fat** 4g (sat. fat 2g), **carbs** 14g, **fibre** 2g, **sodium** 64mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**



# Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



|                  | SUNDAY                                                                                 | MONDAY                                                                                                                    | TUESDAY                                                                           | WEDNESDAY                                                                                        |
|------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| H <sub>2</sub> O | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                                                                                           |                                                                                   |                                                                                                  |
| Breakfast        | 1 slice rye sourdough toast topped with ½ cup warm reduced-salt baked beans            | 170g tub Chobani yoghurt topped with ½ cup warm mixed berries                                                             | 1 slice rye sourdough topped with 2 boiled eggs, sauteed baby spinach & mushrooms | 1 slice rye sourdough toast topped with ½ cup warm reduced-salt baked beans                      |
| Snack            | Minty mocha (p 87) + 1 fresh date                                                      | 2-3 Tbsp hummus & 1 cup veggie sticks                                                                                     | 1 piece of fresh fruit                                                            | 1 piece of fresh fruit                                                                           |
| Lunch            | Feel-good fish cakes (p 63) <i>pictured</i>                                            | 2 slices rye sourdough filled with 40g reduced-fat cheddar, ¼ avocado, sliced tomato, mushrooms & handful rocket, toasted | Pumpkin soup with chilli (p 41) <i>pictured</i>                                   | 2 corn thins topped with 95g can of salmon, handful of baby spinach, sliced cucumber & ¼ avocado |
| Optional snack   | Small apple with 20g reduced-fat cheddar                                               | 30g mixed unsalted nuts (¼ cup)                                                                                           | Corn & pineapple melt (p 87)                                                      | 150g Siggis yoghurt pouch                                                                        |
| Dinner           | Fruity pork steaks (p xx)                                                              | Caramelised onion & anchovy pasta with gremolata (p 18) <i>pictured</i>                                                   | Spinach & chilli bean pide (p xx)                                                 | Spicy tortilla soup (p 16) <i>pictured</i>                                                       |
| Alcohol          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                                                                                           |                                                                                   |                                                                                                  |
| Optional dessert | Poached pear in red wine & spices (p xx)                                               | 1 piece fresh fruit                                                                                                       | 60 second dessert (p xx)                                                          | 1 cup fresh fruit salad                                                                          |
| Exercise         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                                                                                           |                                                                                   |                                                                                                  |



# it's easy!

| THURSDAY                                                                          | FRIDAY                                                                                        | SATURDAY                                                                          |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |              |  |
| depending on your exercise levels.                                                |                                                                                               |                                                                                   |
| 170g tub Chobani yoghurt topped with ½ cup fruit salad                            | Carman's Protein Rich Porridge sachet topped with 1 small banana, sliced                      | All-day breakfast (p 28)                                                          |
| 30g mixed unsalted nuts (1/4 cup)                                                 | Tomato & basil soup (p49)                                                                     | 150g Siggis yoghurt pouch                                                         |
| Pumpkin soup with chilli (p 41)                                                   | 2 slices rye sourdough filled with 95g can of tuna, handful rocket, sliced tomato & ¼ avocado | Pumpkin, pine nut & chilli pesto tart (p 36)                                      |
| 1 piece of fresh fruit                                                            | Pumpkin, sage & parmesan corn cakes (p 87)                                                    | 1 cup fresh fruit salad                                                           |
| Miso & pumpkin ramen (p 25) <i>pictured</i>                                       | Pulled chicken bowl (p 18) <i>pictured</i>                                                    | Fish with olives & crispy pancetta (p 46)                                         |
| have a couple of alcohol-free days a week.                                        |                                                                                               |                                                                                   |
| 1 cup warm skim milk with flavoured Sippah straw                                  | ½ cup diet yoghurt + ½ cup warm mixed berries                                                 | Rhubarb & apple crumble (p 83) <i>pictured</i>                                    |
| Always discuss your exercise plans with your doctor first.                        |                                                                                               |                                                                                   |

## menu plan



## ALWAYS HUNGRY?

For people living with diabetes, dealing with constant hunger can be particularly challenging. The key to reducing hunger lies in balancing your blood glucose levels (BGLs) and making smart food choices. Start with protein. Including lean meats, fish, eggs, nuts, dairy and plant-based proteins, such as tofu and legumes, in each of your meals/snacks can help you feel fuller for longer. Protein slows the absorption of glucose into the bloodstream, preventing spikes and crashes in your BGLs that can trigger hunger.



Fibre is another essential tool in managing hunger. Foods rich in fibre, such as wholegrains, vegetables and fruit, add volume to your meals and also slow digestion and keep you feeling satisfied.

And of course, don't forget to balance your meals with a small to moderate portion of low glycemic index (GI) carbohydrate foods. Unlike high-GI foods that cause spikes in BGLs, low-GI foods, such as legumes, wholegrain breads and fruit, digest slowly and help to maintain steady BGLs and enhance satiety.

If you continue to struggle with managing your appetite, consider checking in with your Accredited Practising Dietitian (APD) for more individualised advice.



# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## NUTRITIONAL INFO

**PER SERVE** 1200kJ (287Cal),  
**protein** 9g, **total fat** 17g (sat. fat 4g), **carbs** 23g, **fibre** 4g,  
**sodium** 215mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Pumpkin, pine nut & chilli pesto tart  
Recipe, page 36

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



# living

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

# well

*“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”*

*Edith Sitwell*



Medicine doesn't always come from the pharmacist...

# DIABETES AND **LIFESTYLE** **MEDICINE**

Lifestyle medicine focuses on using a combination of evidence-based lifestyle interventions to manage chronic health conditions, including diabetes. A comprehensive lifestyle medicine approach can help with the prevention, management and sometimes remission of type 2 diabetes. And while the research on lifestyle medicine has focused on type 2, those with type 1 will also likely benefit from adopting these lifestyle habits alongside taking insulin and regular blood glucose monitoring.

DL Magazine dietitian and diabetes educator, *Dr Kate Marsh*, explains what lifestyle medicine is and the key pillars of health that can help with your diabetes management and overall health.





## WHAT IS LIFESTYLE MEDICINE?

Around 70% of deaths worldwide can be attributed to chronic and lifestyle-related conditions, making them a major health concern at the global, national, and individual levels. This includes diabetes and other conditions such as heart disease, cancer, chronic respiratory conditions, chronic musculoskeletal conditions and mental health conditions. While they appear to be quite different in the way they might affect you, many of these conditions share common risk factors that are preventable or treatable through lifestyle changes.

✦ Lifestyle Medicine is growing in popularity around the world and aims to address the challenges

faced by our society and our health system. It focuses on the root causes of the problem by addressing behavioural, social and environmental drivers of disease. Lifestyle Medicine also aims to empower individuals to manage and improve their own health.

**Lifestyle Medicine typically focuses on six pillars of health:**

- ✓ Healthy eating
- ✓ Regular physical activity
- ✓ Stress management
- ✓ Avoidance of risky substances, including alcohol and tobacco smoking
- ✓ Restorative sleep
- ✓ Social connection

However, it also addresses the many societal and environmental drivers of health and disease, which include things such as social

isolation, loss of culture and identity, health inequity and social injustice.

## LIFESTYLE MEDICINE AND DIABETES

Lifestyle modification plays a key role in the prevention and management of type 2 diabetes and helps to address the underlying problem in type 2 diabetes: insulin resistance. It is therefore recommended as the first line of management. If you need to take medication to help manage blood glucose levels, lifestyle changes remain important. There is a large amount of research showing the benefits of lifestyle changes for preventing and managing type 2 diabetes, with most studies focusing on diet, exercise and weight management.

A 2020 Systematic review of 24 studies which looked at the impact of the combination of at least three lifestyle factors (such as diet, physical activity, smoking and alcohol consumption and sleep duration) found that individuals with the healthiest lifestyle habits were 75% less likely to develop diabetes compared to those with the least healthy lifestyle habits. In individuals living with diabetes, those who adopted the healthiest lifestyle habits had around half the risk of developing cardiovascular disease and around a 30-50% reduced risk of dying from cardiovascular disease, cancer or all causes.





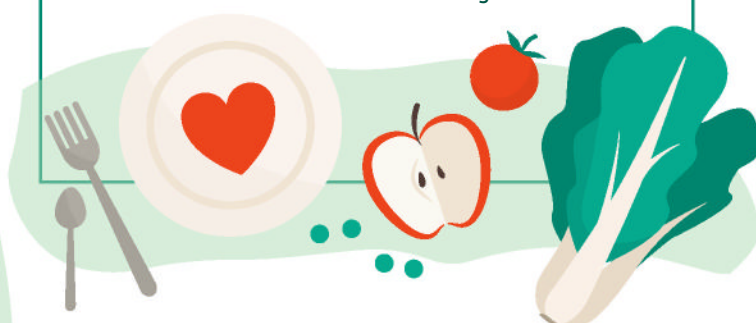


# LIFESTYLE MEDICINE IN PRACTICE

## NUTRITION

Eating a healthy diet is an important part of managing diabetes, and preventing type 2 diabetes. Diets high in saturated fat, red and processed meats, and highly processed carbs (including added sugars) can worsen insulin resistance, the underlying problem in type 2 diabetes. Conversely, diets high in dietary fibre and minimally processed carbohydrate foods may help to improve insulin resistance and reduce the risk of diabetes.

So, base your meals around minimally processed whole grains, legumes, vegetables and salads, eat more fish and legumes in place of red meat, avoid processed meats and choose lean cuts of meat, and get most of your fat from foods like extra-virgin olive oil, nuts, seeds and avocado. Also avoid sugar-sweetened drinks and choose water as your main fluid. A Mediterranean-style diet is one dietary pattern that can be beneficial for improving insulin resistance and diabetes management.



## PHYSICAL ACTIVITY

Regular physical activity helps improve insulin sensitivity and lower blood glucose levels. Research suggests that a combination of aerobic and resistance training is likely to provide the greatest benefit. Current recommendations for adults with diabetes include doing at least 150 minutes per week of moderate-to-vigorous intensity aerobic exercise, spread over at least 3 days per week and 2-3 sessions per week of resistance exercises on non-consecutive days. Incorporating more incidental activity into your day, reducing sedentary time and taking regular breaks from sitting (every 30 minutes) are also important.





## AVOIDING RISKY SUBSTANCES

Alcohol is the most widely used drug in Australia and one for which the health risks are often overlooked. The Australian Alcohol Guidelines recommend that healthy men and women drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day to reduce their risk of harm from alcohol-related disease or injury. However, the less you drink, the lower your risk of harm from alcohol. In some situations, including the use of certain medications, even small amounts of alcohol increase risk, so drinking less (or not drinking at all) is recommended. Speak with your doctor about a safe alcohol intake for you, particularly if you take any prescription medications. We all know that smoking isn't good for us and can increase the risk of heart disease and cancer, but most people don't realise it can also worsen insulin resistance and increase your diabetes risk. Studies have shown that smokers are more insulin resistant and have an increased risk of developing type 2 diabetes.

**If you need help to quit, call the Quitline on 13 78 48 or visit [www.quitnow.gov.au](http://www.quitnow.gov.au)**



## OPTIMAL SLEEP

Studies have shown that lack of sleep worsens insulin resistance and increases the risk of type 2 diabetes. Sleeping less than 5-6 hours/night and more than 8-9 hours are both associated with an increased diabetes risk, as are difficulties getting to or staying asleep. It is therefore important to prioritise getting enough sleep (around 7-8 hours for most adults) and focusing on strategies to optimise sleep quality. This includes having regular wake and sleep times, getting some sunshine early in the day and avoiding screens and bright lights in the evening, keeping your bedroom quiet, dark and cool, avoiding caffeine later in the day, and avoiding or limiting alcohol intake.

## MANAGING STRESS LEVELS

Studies have found an association between different forms of stress and the risk of type 2 diabetes, and individuals with diabetes who experience diabetes-related distress are more likely to have higher blood glucose levels. Stress can also affect your ability to make other lifestyle changes, such as eating well and exercising regularly. Finding ways to lower and manage stress levels is therefore an important part of managing diabetes and reducing the risk of type 2 diabetes.



## SOCIAL CONNECTION

Social connections and relationships affect our physical, mental, and emotional health. Research shows that social support and feeling connected have positive health benefits, including improving blood glucose levels, while social isolation has negative effects on both physical and mental health. Taking time to strengthen your social connections and form new social connections is therefore an important part of a comprehensive lifestyle medicine program. A few ways to form new social connections include volunteering, taking a course at your local library or community college, or attending local events including sporting events, community celebrations and music performances. Social activities that improve other areas of health, such as joining a walking group, healthy cooking class or dance class, can provide extra health benefits.





## WHAT IS A LIFESTYLE MEDICINE PRACTITIONER?

Lifestyle Medicine is a multidisciplinary approach to health. This means that many types of professionals are working together to change the way we manage, treat, and prevent chronic conditions. This includes medical professionals, allied health professionals (such as dietitians and exercise physiologists), public health professionals, health care executives, researchers, scientists and educators.

There are now Lifestyle Medicine associations in many countries around the world, including Australia. The Australasian Society of Lifestyle Medicine (ASLM) advocates for Lifestyle Medicine and provides education, training and professional development for doctors, allied health practitioners, public health professionals, researchers and educators in Lifestyle Medicine. They also aim to educate and inform members of the public about how to prevent and better manage and treat chronic and lifestyle-related conditions. You can find out more by visiting <https://www.lifestylemedicine.org.au/>

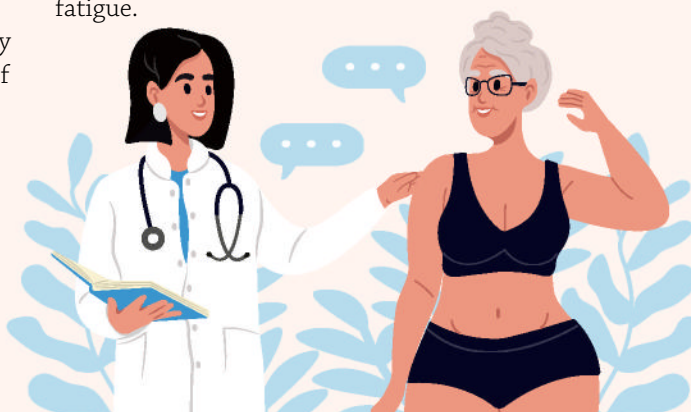
Health professionals can also undergo further training and become board-certified in Lifestyle Medicine.

**You can search for a board-certified health professional here: <https://www.lifestylemedicine.org.au/certified/>**

## EVIDENCE FOR A COMPREHENSIVE LIFESTYLE MEDICINE APPROACH TO MANAGING DIABETES

A study from the Netherlands, published in 2020, found that a comprehensive lifestyle management program combining many of the lifestyle medicine pillars of health could improve blood glucose levels and reduce the need for diabetes medications in participants with type 2 diabetes. The program combined nutrition advice (a Mediterranean-style eating plan focused on eating more whole or minimally processed foods), education on the underlying cause of type 2 diabetes and the role of diet and lifestyle changes, and information on cooking skills, stress management and increasing physical activity. The program also included an online community platform for participants to encourage group interaction and support. While the study didn't include a control group, of the 234 participants who completed the 6-month program and follow-up questionnaires at 12, 18 and 24 months, two-thirds were using less

medication after 24 months and the majority (86%) reported a reduction in either HbA1c, medication use or both. They also had improvements in blood fats, weight, body mass index and waist measurements. Lastly, the participants reported improved self-perceived health, quality of life and a reduction in fatigue.



ILLUSTRATIONS GETTY IMAGES



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So, you've seen your doctor and have been told you have prediabetes. What exactly does that mean? Is diabetes inevitable or can you stop it from progressing? Experts at the Baker Heart and Diabetes Institute have the answers.

# PREDIABETES

**P**rediabetes is a bit sneaky as it often has no signs or symptoms. It is a condition whereby blood glucose levels are higher than normal but not elevated enough to warrant a type 2 diabetes diagnosis.

Its lack of symptoms is problematic because people with prediabetes have a higher risk of developing type 2 diabetes and cardiovascular disease.

## How to stop prediabetes in its tracks

The statistics are scary, with about two million Australians thought to have prediabetes. Of those, between 5 and 10 percent will likely go on to develop type 2 diabetes each year.

Unsurprisingly, the key to stopping its development is lifestyle changes, but perhaps somewhat surprisingly, according to new research out of the Baker Heart and

Diabetes Institute, the type of prediabetes you are diagnosed with matters in determining which interventions would be most effective for you.

Prediabetes is not a single condition. It encompasses a range of sub-groups, including the below, which we will call the three types of prediabetes:

- Isolated impaired fasting glucose (IFG)
- Isolated impaired glucose tolerance (IGT)
- Impaired fasting glucose plus impaired glucose tolerance (IFG + IGT).

Head of Clinical Diabetes and Epidemiology at the Baker Institute, Professor Jonathan Shaw, says it was unclear from previous research whether standard lifestyle interventions could reduce incidence of type 2 diabetes in all three types of prediabetes.

"We found that diabetes incidence was reduced significantly in individuals with impaired glucose tolerance (either IGT or IFG + IGT) after

following conventional lifestyle interventions, but not in those with isolated impaired fasting glucose," Prof Shaw says.

"We now know there is a need for more tailored preventive interventions for people with prediabetes."

## Standard lifestyle interventions

We do know that everyone – whether they are diabetes-free or have prediabetes or diabetes – can gain some health benefits from conventional lifestyle interventions, and we know that they are effective in preventing type 2 diabetes for individuals with either IGT or IFG + IGT.

## So, what are those interventions?

Lifestyle intervention represents a holistic approach that encompasses dietary modifications, regular physical activity, weight management, and behavioural changes, Baker Institute accredited practising dietitian Rebecca Stiegler says.

# WHAT NOW?



A female doctor with long dark hair, wearing a white lab coat over a light-colored top, is looking at a patient. She is holding a clipboard and a pen. The background shows a clinical setting with a sink and some flowers.

**prediabetes**

**ALWAYS CONSULT  
YOUR DOCTOR  
BEFORE MAKING  
ANY HEALTH CARE  
CHANGES**





### Eating well:

It's important to get the big picture dietary balance right by embracing vegetables, fruit, whole grains, lean proteins, and healthy fats. The Mediterranean diet is a good example of a dietary plan that ticks the right boxes.

For those with impaired glucose tolerance, the focus should be on increasing fibre and reducing saturated fat in the diet. Having a high fibre diet – at least 25 grams a day for women and at least 30 grams a day for men – is linked with reduced diabetes risk.

### YOU CAN REACH YOUR FIBRE TARGET BY:

- Eating five serves of vegetables and two serves of fruit each day.
- Making swaps for higher fibre foods, such as wholemeal or multigrain bread over white bread; brown, red or black rice over white rice; brown pasta, wholemeal pasta or legume-based pasta over white pasta; freekeh, farro, quinoa, bulghur, barley and buckwheat over couscous or polenta; choosing oat-based cereals like muesli or porridge or cereals with at least 5 grams of fibre per 100g over low-fibre breakfast cereals; and eat fruit or vegetable peel where suitable rather than peeling them.
- Adding chia seeds or psyllium husks into liquid foods (breakfast cereal, yoghurt, smoothies, soups, stews etc). Add it to foods just before eating so it doesn't change the texture of the food. Or make chia fruit puddings.
- Add legumes to your meals at least three times a week. Use beans in soups, chickpeas in a salad, hummus with carrot sticks, red lentils in bolognese.
- Eat more nuts – 30 grams or a small handful each day is a great snack.

Saturated fats stop our bodies from

being able to control our glucose levels.

### TO REDUCE YOUR SATURATED FAT INTAKE:

- Choose lean cuts of meat (no visible fat, no skin) and minimise meats with added fats (mince, sausages, deli meats like salami, devon etc).
- Choose low- or reduced-fat milk, yoghurt and cheese.
- Minimise use of coconut oil and coconut products like coconut milk or cream.
- Avoid hidden saturated fats by reading food labels – look for foods with less than 2 grams of saturated fat per 100 grams.
- Minimise discretionary or “junk” foods like cakes, biscuits, pastries, pies, chocolate, fried foods, potato chips, ice-cream, custard etc.

### Physical activity:

Engaging in regular exercise not only aids in weight management but also enhances insulin sensitivity, allowing your body to more effectively regulate your blood sugar levels.

Firstly, aim for at least 150 minutes per week of moderate intensity movement that gets your heart pumping, like brisk walking, swimming, cycling, dancing, or even doing the housework. The key here is getting your heart rate up! Anything that gets you a little out of breath is the key for hitting the moderate intensity target. And every little bit counts. As long as it's longer than 10 minutes, it counts towards your 150 minutes per week. But remember, this is a minimum. More is better, and if you can reach 300 minutes per week, you're kicking goals.

Secondly, do at least two sessions of strength training movement where you get your muscles tired. Ideally, over the two sessions you



should work all your muscle groups. Any movement that works muscles to fatigue counts – weights, body weight exercises like squats or push ups, resistance bands, Pilates.

Thirdly, reduce your sedentary time – that is time you spend sitting. We sit when we work, when we are in transport, when we eat, and when we relax. While we may not be able to completely change this, looking for opportunities to reduce and break up our sitting time is essential. Take walking meetings; take phone calls standing up; drink out of a glass so you need to get up to refill it; put the rubbish basket a little further away; choose the far car park not the closest; get off public transport a stop earlier. There are many ways to build movement 'snacks' into our days.

### Maintaining a healthy

#### weight:

Excess weight, especially around the tummy, is a major risk factor for diabetes. By reducing your weight by just 5 per cent, you can significantly reduce your chance of developing diabetes.

Focus on sustainable weight loss through a combination of dietary modifications and regular exercise. Set realistic goals, celebrate small victories, and seek support from friends, family, or healthcare professionals to stay motivated on your journey.

Remember that even if you don't lose kilos on the scales, know that your clothing size, your blood tests and how you are feeling in your body are all more important than the number on the scales.

### Precision prevention for individuals with isolated impaired fasting glucose

For those with IFG, like everyone else, physical activity and maintaining a healthy weight are

beneficial.

However, the standard healthy eating strategies of increasing fibre intake and lowering saturated fat intake are not particularly effective for preventing progression to diabetes.

Some studies have found that very low-energy diets have significant benefits for fasting glucose levels and could hold the key to reducing the likelihood of the onset of type 2 diabetes for those with IFG.

"We need to do more research around precision prevention but the findings for the IFG cohort are promising," Prof Shaw says. "A low-calorie diet approach would be more restrictive than the standard diet that is used for diabetes prevention. It would be about 1200 calories/5000 kilojoules per day for two months.

"If you have prediabetes, it's important to speak to your GP to find out what sort of prediabetes you have. If you have IGT, there are major benefits for the well-established lifestyle approaches. If you have IFG, we're still a little uncertain what the best diet would be for diabetes prevention. But a healthy diet and regular exercise will still be beneficial for many aspects of health."





People living with diabetes *can* get affordable life insurance, particularly if their diabetes is well managed and they lead a healthy lifestyle.





**B**uying life, income or disability insurance can be fraught at the best of times. If you suffer from type 1 or type 2 diabetes, the process can be even more stressful. To smooth your path and give yourself the best chance of finding an insurer that fits your needs, financial adviser and insurance broker Amanda Devlin, of Agent for Life, recommends working with an adviser. “Find an adviser who doesn’t charge an upfront fee – we get paid a commission – and who is happy to work with you on pre-assessment material,” says Devlin. You may be able to get default insurance through your superfund, but Devlin recommends checking whether that’s your best option. And, she says, “it’s best to get life insurance when you’re younger,” as it gets more expensive as you age.

### THINGS TO CONSIDER WHEN BUYING LIFE INSURANCE INCLUDE:

- Do your homework and be alert so you do not pay too much
- Be mindful that many insurance companies are for profit and not community service organisations
- Be prepared to provide personal health information from your health professionals including current test results. People with diabetes will be asked for more medical reports than a person with no health conditions.
- Consider how much you are willing to spend on life insurance
- Take time to compare prices and policies for an insurance advisor you can work with
- Be aware that securing this type of insurance is more than finding and accepting a quote online
- Be aware that insurance companies can and do refuse to sell life insurance to clients who do not meet their criteria.

### TYPES OF LIFE INSURANCE

There are four main types of life insurance:

**DEATH COVER** – may pay a lump sum upon death

**INCOME PROTECTION** – may pay up to 75% of your monthly salary if you are ill or injured and unable to work for an extended period of time

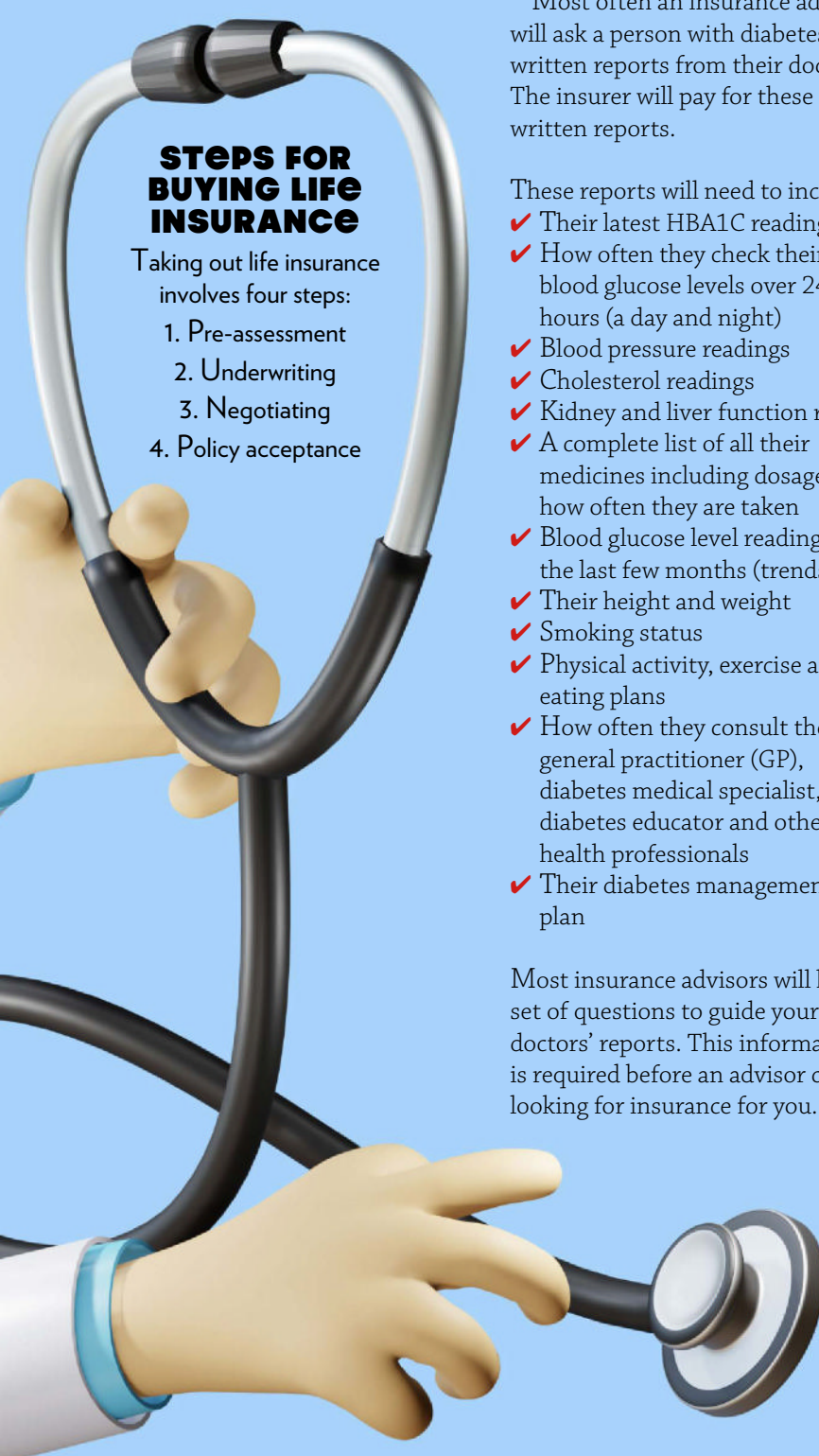
**TRAUMA INSURANCE** – pays a lump sum if the policy has been taken out prior to being diagnosed with a chronic health condition or injury. Up to 58 conditions are covered including diabetes and diabetes complications.

**TOTAL AND PERMANENT DISABILITY (TPD)** – may pay a lump sum if you are diagnosed as not being able to perform in your own or any occupation for which you are suited by training, education or experience

Since 1953, Diabetes Victoria has been the leading peak body dedicated to reducing the impact of all types of diabetes on people, families, communities, and health systems across Victoria. Diabetes Victoria is proudly the Victorian Agent of the National Diabetes Services Scheme (NDSS), which is an initiative of the Australian Government, administered by Diabetes Australia. Visit [www.diabetesvic.org.au](http://www.diabetesvic.org.au) for support and resources.







## STEPS FOR BUYING LIFE INSURANCE

Taking out life insurance involves four steps:

1. Pre-assessment
2. Underwriting
3. Negotiating
4. Policy acceptance

## STEP 1 PRE-ASSESSMENT

You will need to provide your insurance advisor with current health information.

Most often an insurance advisor will ask a person with diabetes for written reports from their doctor. The insurer will pay for these written reports.

These reports will need to include:

- ✓ Their latest HBA1C reading
- ✓ How often they check their blood glucose levels over 24 hours (a day and night)
- ✓ Blood pressure readings
- ✓ Cholesterol readings
- ✓ Kidney and liver function results
- ✓ A complete list of all their medicines including dosage and how often they are taken
- ✓ Blood glucose level readings over the last few months (trends)
- ✓ Their height and weight
- ✓ Smoking status
- ✓ Physical activity, exercise and eating plans
- ✓ How often they consult their general practitioner (GP), diabetes medical specialist, diabetes educator and other health professionals
- ✓ Their diabetes management plan

Most insurance advisors will have a set of questions to guide your doctors' reports. This information is required before an advisor can go looking for insurance for you.

## STEP 2 UNDERWRITING PROCESS

The underwriting process starts once you have provided your pre-assessment information and put in an application for insurance.

An insurance underwriter determines the level of risk of insuring a client. They will look at your pre-assessment information and application for insurance. They will then decide if they will offer you insurance cover and if so under what terms.

In addition to the pre-assessment information, you may also be asked to:

- ✓ Have medical examinations
- ✓ Provide blood and urine samples for checking.

The insurance company may also write to your medical specialist requesting more information.

The insurance company will assess the information provided to decide if they will offer you insurance and what the terms will be. You can review the offer and its terms and decide whether you want to proceed with an application.

**The underwriting process can take up to 8 weeks.**

## STEP 3 NEGOTIATION

The negotiation step is about an insurance company making an offer at a cost based on your risk. For people with diabetes (and many other health conditions) they can expect to pay additional costs or premiums compared to someone without a health condition. For example, premium loadings (the amount an insurer needs to add to cover its expenses and generate a



profit) for people with diabetes can range from 50%-300%. If the cost for a standard policy is \$1,000, with a loading of 100% you will pay \$2,000 for life insurance cover. These costs are worked out after the medical reports from your doctors and health professionals have been considered.

People with type 2 diabetes who lose weight and improve their health results can have their insurance reviewed. This may reduce their premium loadings so that they pay less on their insurance.

You don't have to accept what is being offered first up. You can negotiate and work with your insurance advisor to:

- ▶ Take a longer waiting period or shorter benefit period for insurance coverage. The waiting period is the period of time between when you are first unable to work due to illness or injury until you are eligible to receive a benefit payment. It is important to note that a shorter waiting period normally results in a higher premium. Generally, choosing a waiting period comes down to how long you feel you could be without an income, if you were sick or injured and unable to work. The benefit period is the period of time you could potentially receive a benefit for each individual claim. This could be a set number of years, or to a specific age. Shorter benefit periods usually result in lower premiums, as you would be paid a benefit by the insurer for a shorter period of time.
- ▶ Use a shorter term of life insurance such as 2, 3, 5 or 10 years (then repeat).

## STEP 4

### POLICY ACCEPTANCE

Once you have agreed on the terms with the insurance company, you will be asked to sign an acceptance form. Then your insurance will start. The company will send you a policy certificate. Please store this certificate in a safe place. You might need this certificate if you make a claim.

**For more information on insurance visit the WorkWelfareWills website. This is a plain English guide to legal issues around health and life changes.**  
[www.chronicillness.org.au/workwelfarewills](http://www.chronicillness.org.au/workwelfarewills)



## COMPLAINTS

If you have a complaint about an insurance policy, a claim, or want to appeal a decision made by an insurance company you will need to:

Make a direct complaint to the insurance company's complaint handling section. By law each insurance company has this section.

If your matter is not fixed, make a complaint to the Commonwealth Ombudsman by:

**PHONE:** 1300 362 072 (the office is open 9am to 5pm Monday to Friday).

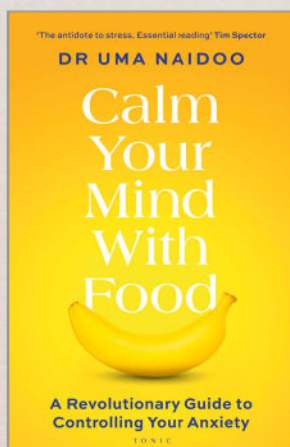
**ONLINE:** Make a Complaint form at [www.ombudsman.gov.au](http://www.ombudsman.gov.au)

**POST:** Commonwealth Ombudsman, GPO Box 442, Canberra ACT 2601





## CALM YOUR MIND WITH FOOD



*Calm Your Mind With Food*  
by Dr Uma Naidoo,  
published by Bloomsbury  
Publishing, RRP \$34.99.

Does what you eat affect your anxiety levels? Dr Uma Naidoo's new book reveals how your brain and your microbiome work together and how you can use your diet to help manage your moods.

## Gut Feelings

In the fourth century BC, Hippocrates, the father of modern medicine, shared a prescient opinion that "bad digestion is the root of all evil," and that "death sits in the bowels."

In the seventeenth century, Dutch scientist Antoni van Leeuwenhoek used homemade single-lens microscopes on samples gathered from his own body to make the first observations of bacteria. Describing his remarkable discovery, he said, "I then most always saw, with great wonder, that in the said matter there were many very little living animalcules, very prettily amoving."

In the nineteenth century, French zoologist Élie Metchnikoff believed that bacteria in fermented milk were beneficial in fighting "autointoxication," a term used to describe a wide range of symptoms from fatigue to melancholia. His theory that eating yogurt could delay senility and enhance health was popular during his time but soon faded from prominence for more than a century.

Starting in the late twentieth century and continuing through today, modern medical research has begun to knit together these foundational ideas, creating a full understanding of the incredible influence of tiny bacteria on an organism as large and complex as a human being. Hippocrates was correct about how much influence the digestive tract has on the rest of the body — though I suspect even he would be surprised by how profoundly our guts shape how we think and feel. Van Leeuwenhoek helped us understand both the threat and usefulness of the microscopic organisms that colonise our bodies. Metchnikoff's theory about yogurt became the





basis of modern probiotic use, establishing the idea that eating food that encourages bacterial growth can improve gut health.

Finally, in 2001, Nobel laureate Joshua Lederberg first used the term “microbiome” to refer to the vast array of microorganisms that live in your body. Over the following decades, medical researchers have proven that a healthy brain relies on a healthy gut, and a healthy gut relies on fostering a healthy microbiome, creating a foundational pillar of nutritional psychiatry and opening up a new way of thinking about mental health.

To understand these ideas more fully, let’s examine the different connections between the gut and the brain and then take a closer look at the influence of the microbiome.

### CONNECTION BETWEEN THE GUT AND THE BRAIN

Plato famously described reason and emotion as two horses pulling us in opposite directions, creating the conception of human judgment as a tugofwar between our rational “head,” and our passionate “heart.”

This dichotomy was further developed by Enlightenment thinkers like Thomas Jefferson, who wrote a dialogue between his head and his heart in a 1786 love letter, and the concept of a warring head and heart is still commonly referenced today. Alongside our heads and hearts, there’s another part of the body that’s associated with thoughts and feelings: our guts. In common usage, our guts are the root of our being, the nexus of everything we just know. When you show bravery and resolve, you “have guts.” When you act on a hunch, you “trust your gut.” When you really detest someone, you “hate their guts.” Clearly, we have an innate understanding of the importance of the gut in developing and expressing emotions — even if the medical establishment hasn’t, until recently, understood the gut as a fulcrum of mental health.

Of course, with a more refined and literal understanding of physiology, we can see the practical limits of these metaphors. We know that our brains process the whole range of emotions, not just cold, calculating rational thought. Our hearts are far

too busy pumping blood to truly be the anatomical centre of emotion and desire. And our guts don’t have a special power to strengthen our resolve or put together the pieces of a mystery. Still, modern research has proven that our guts do play an essential role in regulating our emotions, and disruptions in the gut can lead to mental struggles — including anxiety.

Over the years in my clinic, I’ve found that it can be hard for my patients to internalise the gut’s role in mental health. I agree that it’s counterintuitive that two such physically distant organ systems would be so tightly tied together. I also suspect there’s an element of disbelief that the humble guts, tasked with the mucky process of separating nutrients from waste, could influence something as lofty as the mind’s ability to process the world around us. I want to dispel this conception of the gut as a grimy fuel refinery and reimagine it as a bustling city whose residents — a host of helpful bacteria — perform essential work to keep the digestive, immune, and nervous systems operating smoothly.



# Case Study

## THE DANGERS OF METABOLIC DISRUPTION

**JAVIER WAS A FIFTY-SIX-YEAR-OLD MAN** who came to me with what I recognised as severe generalized anxiety. He was overwhelmed with increasing stressors at work, but switching to a less stressful career was out of the question because of the looming financial burden of funding his son's college education. He told me he had a constant fear of his life falling apart, of getting fired from work due to low performance, which would mean his son wouldn't be able to go to college and his wife would leave him. In talking through his issues, I could tell that these anxieties weren't based in reality — he played a stressful but crucial role at his job, and his wife and son loved him very much — but that didn't mean the anxiety wasn't causing very real damage to Javier, as well as taking a toll on his family. He was channeling his worry into arguing with his wife and being hard on his son in a way that was damaging the very relationships he was so concerned about preserving.

When we discussed his physical health, Javier admitted that he had been gaining weight, but amid his anxiety issues, he hadn't worried about it. Food sometimes felt like the only source of pleasure in his life, so he was willing to accept the added inches around his middle. He also told me that his weight gain had begun while taking an SSRI [anti-depressant] prescribed by his previous mental health professional, making him pack on pounds without alleviating his anxiety. I acknowledged that was one drawback of SSRIs and understood that he didn't want to rely on benzodiazepines for a short-term fix. That left us with therapy and a nutritional psychiatry treatment plan as our main ways to fight his anxiety.

He was willing to try therapy — though previous experiences with therapists hadn't yielded satisfying results — but he was more skeptical about undergoing dietary changes, at least until we did some blood tests. Javier's labs showed several signs of a disrupted metabolism. In addition to his problems with weight, he

had an abnormal lipid profile. Most significantly, his blood sugar was off the charts. The tests meant that Javier had likely been suffering from metabolic syndrome for quite some time, which had developed into type 2 diabetes (T2D).

The diagnosis was a wakeup call that Javier had to make dietary changes to reduce his blood sugar. Gradually, as I explained the connection between

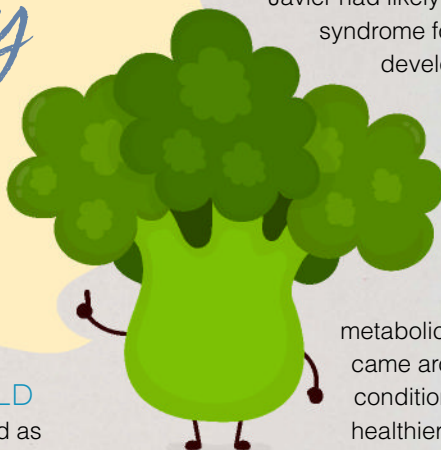
metabolic health and mental health, he came around to the idea that his two conditions were linked and that eating healthier foods would also result in improvement to his anxiety. I told him how one study found that 40 percent of patients

with diabetes suffered from elevated symptoms of anxiety, with 14 percent reaching the qualifications for a GAD (Generalized Anxiety Disorder) diagnosis. Another study found that clinically significant anxiety was 20 percent higher among Americans with diabetes, compared to healthy controls. Further research has shown that less severe, subclinical anxiety is increased in diabetic populations as well.

I was relieved that Javier was open to change, because the stakes were high. Anxiety makes metabolic recovery more difficult, and it is associated with more medical complications in T2D patients.

I referred Javier to a cognitive behavioural therapist to help work on his negative thoughts and other psychological struggles. He felt more confident with a referral to a trusted practitioner than he had in the past when he was cold-calling clinics to book an appointment with a random therapist. We also designed a personalised nutritional psychiatry plan, slowly cutting back on less healthy habits and adding in healthy wholefoods. We reduced snacking on so-called healthy protein bars that were laden with hidden added sugars, and we cleaned up his coffee routine, replacing sweet concoctions with simple drip coffee with unsweetened nut milk. We balanced his eating schedule, and since he was not much of a breakfast person, we tapped into the power of intermittent fasting.

Javier noticed changes within the first month, though it took longer for his metabolic profile to fully normalise. When his anxiety began to ease, he became even more engaged in his nutritional psychiatry treatment plan, and over six months, his blood sugar came back under control. He was once again able to enjoy time with his family and successfully sent his son to a great college.





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If you're battling stress that's leading to weight gain, you need a plan. Read on for Dr Ben Condon's guide to beating this triple threat

# STRESS, CORTISOL AND WEIGHT GAIN





Whether it's acute or chronic, stress has the potential to cause all kinds of health issues. One of its main impacts is the increased production of cortisol, also known as the 'stress hormone', which also happens to be linked to weight gain. But how exactly can stress-related weight gain happen? And what can you do to combat it? Here's what you should know.

## WHAT IS CORTISOL?

"Cortisol is a hormone that helps regulate the production of glucose by the liver and how glucose is utilised as a fuel. It's often referred to as the body's 'stress hormone' because in times of stress, your body typically needs access to energy (glucose) quickly, and cortisol helps provide energy at short notice," Dr Ben Condon, a GP at Juniper, explains.

## HOW STRESS CAN IMPACT YOUR WEIGHT

Cortisol-triggered weight gain is generally noticeable around the midsection, often referred to as a 'hormonal belly.' This form of fat, known as visceral fat, is associated with heightened risks of severe health issues such as heart disease, type 2 diabetes, dementia, and cancer.

We should mention that a brief stressful event isn't likely to lead to weight gain. However, ongoing or chronic stress might do so in a few different ways:

## OVEREATING AS A RESULT OF STRESS

Some studies have discovered that participants ate more during stressful periods — which is commonly referred to as 'emotional eating'.

Plus, a 2015 survey found that 75% of Australians turned to food

as a way to cope with stress, and stress has also been linked to 'food noise,' a constant mental chatter that revolves around eating - what, when and how much to eat - so intense that it can overshadow other aspects of life.

Increased food intake can, of course, lead to weight gain, which means some people may be more likely to put on weight as a result of high stress levels.

## INSULIN RESISTANCE

"We know obesity increases your cortisol levels and that cortisol promotes insulin resistance. This is largely because cortisol is trying to increase the availability of fuel (glucose) in your blood and insulin is trying to do the opposite, promoting the storage of excess glucose in the blood as fuel to be used later," says Dr Condon.

"In people with high cortisol levels, the majority of this excess energy is stored as fat. Over time, these oppositional forces mean you need more insulin to overcome the effects of elevated cortisol and this is one of the contributing factors to insulin resistance," he adds.

## SLEEP ISSUES

High cortisol levels can make it difficult to fall and/or stay asleep. Additionally, poor sleep can increase cortisol levels, creating a vicious cycle of insomnia.

"Cortisol levels fluctuate throughout the day, in what's called a diurnal pattern, peaking between 5 and 8 AM, then decreasing steadily throughout the day, and being at its lowest at around midnight. Cortisol plays a huge role in your circadian rhythm, with interruptions to sleep being linked with higher cortisol levels and weight gain."

When you don't get enough quality sleep, your body produces more ghrelin - a hormone that stimulates appetite - and less leptin - a satiety hormone - potentially leading to unhealthy food choices and weight gain.

## THE SYMPTOMS OF HIGH CORTISOL

According to Dr Condon, "symptoms of high cortisol levels include weight gain in the trunk with thin arms and legs (what we refer to as central adiposity), weight gain in the face, a fatty lump between the shoulders, pink or purple stretch marks on the stomach, hips, thighs, breasts and underarms, acne and slower wound healing.

"Stress and cortisol influence both food intake and energy expenditure. In particular, cortisol increases cravings for high-fat and sugar foods. Genetic factors, like how sensitive you are to cortisol, can also impact the degree of weight gain."



## HOW TO COMBAT CORTISOL-INDUCED WEIGHT GAIN

Now for the good news, stress-induced weight gain is manageable. First, we suggest you see your GP, so they can identify any potential underlying health conditions that are causing your high cortisol levels.

“However, if we assume we’ve done that and all is well; establishing a sleep routine that ensures you get enough sleep and are sleeping at the same time each night, and moving your body every day are the best ways to reduce your cortisol levels. Reducing stressors is easier said than done, but ensuring you do what you can to minimise stress is also helpful,” Dr Condon recommends.



### REDUCE YOUR STRESS LEVELS

Getting adequate sleep, eating a healthy diet, practising mindfulness, and maintaining positive social connections are some of the best ways to manage stress. Positive affirmations, breathing exercises, journaling, and music can also prove helpful.

If stress management seems overwhelming, mental health professionals can help you navigate and overcome this challenging stage in your life.

### MOVE YOUR BODY

Stress-induced or not, exercising regularly is key to reducing excess weight and body fat. Not only does it increase the number of calories your body burns – and that way contributes to a caloric deficit – but it also releases endorphins, helping to minimise stress and lower cortisol levels.



### EAT MINDFULLY

Mindful eating means being conscious of your food choices, listening to your body, and becoming familiar with your hunger cues to know when you’re full and let you know that it’s time to stop eating.

It can help you build a better relationship with food, start trusting yourself to make healthy, nourishing choices, and silence the ‘food noise’ we mentioned before.



### IMPROVE YOUR SLEEP HYGIENE

“You cannot underestimate how good sleep hygiene and sleep habits can be in significantly improving your quality of sleep. These ultimately will help you reduce your cortisol levels by ensuring you’re well rested and your body is less stressed.”

Essential sleep hygiene tips include maintaining consistent sleep and wake times, getting regular daytime exercise, limiting daytime naps, eliminating electronics from the bedroom, maintaining a peaceful sleep environment, and avoiding substantial meals, alcohol, and caffeine close to bedtime.



# Do you need a COVID-19 plan in 2024?

COVID-19 is still very much an ongoing health issue.<sup>1</sup> Older people, particularly those aged 70 and over, are most at risk of getting very sick from COVID-19.<sup>2,3</sup>

## *COVID-19: Is it serious or mild?*

The symptoms of COVID-19 can be similar to those of the flu or common cold, and can include a sore throat, cough or runny nose.<sup>4</sup>

You should test for COVID-19 if you have any symptoms.<sup>5</sup> Some people recover quickly from COVID-19 while others get very sick and may need hospital treatment. Some people may not even experience any symptoms!<sup>6</sup> No test can predict how COVID-19 would affect an individual; however, some factors may increase your risk, including:

Age – The risk of getting very sick from COVID-19 increases with age, especially if you're over 70.<sup>7</sup>

Certain long-term health conditions – Being aged 50 or over with two risk factors such as heart disease, diabetes, and asthma can also increase your risk of getting very sick from COVID-19.<sup>7</sup>

## *Do you know your risk of severe COVID-19?*

Talk to your doctor to find out about your risk of severe COVID-19. Your doctor can also help you with staying up to date with your COVID-19 vaccinations.<sup>7</sup>

If you test positive for COVID-19 and are at high risk for severe illness, talk to your doctor. Oral antivirals are available, but they need to be started within 5 days of symptoms starting. If you are eligible for these treatments, you can access them from your local pharmacy with your doctor's script. A friend or family member can collect the medication for you or you can arrange for the medication to be delivered to you at home.<sup>3</sup>



## *Plan for COVID-19*

Retirement, moving home, estate planning – some of life's matters need a bit of planning. Your health is no different. So when it comes to COVID-19, stay up to date with your vaccinations, and talk to your doctor to understand your risk of becoming very unwell if you test positive.<sup>7</sup>

## LEARN MORE AT PLANFORCOVID.COM.AU

**References:** 1. Australian Government Department of Health and Aged Care. COVID-19 reporting. <https://www.health.gov.au/topics/covid-19/reporting> (accessed March 2024). 2. Australian Government Department of Health and Aged Care. Communicable Diseases Intelligence. COVID-19 Australia: Epidemiology Report 79. Reporting period ending 24 September 2023. 3. Australian Government Department of Health and Aged Care. Oral treatments for COVID-19. <https://www.health.gov.au/topics/covid-19/oral-treatments> (accessed March 2024). 4. HealthDirect. COVID-19 symptoms. <https://www.healthdirect.gov.au/covid-19/symptoms> (accessed April 2024). 5. Australian Government Department of Health and Aged Care. Testing for COVID-19. <https://www.health.gov.au/topics/covid-19/testing> (accessed March 2024). 6. Australian Government Department of Health and Aged Care. About Coronavirus (COVID-19). <https://www.health.gov.au/topics/covid-19/about> (accessed March 2024). 7. Australian Government Department of Health and Aged Care. Groups at higher risk from COVID-19. <https://www.health.gov.au/topics/covid-19/protect-yourself-and-others/high-risk-groups> (accessed March 2024).





Taking good care of your teeth and gums on a daily basis is an important step in reducing the risk of future dental problems. This is even more important when you have diabetes. DL Magazine dietitian and diabetes educator, Dr Kate Marsh, explains the link between diabetes and dental health and provides tips for keeping your teeth and gums healthy.

# DIABETES AND DENTAL CARE

## DENTAL HEALTH - WHAT GOES WRONG?

When we eat, remnants of food together with saliva and bacteria cause the development of plaque. If not removed properly (with regular brushing and flossing) this plaque hardens into tartar, which builds up around the gumline, making it harder to brush and clean between the teeth.

At this stage, the gums can become red, swollen and tender and are likely to bleed during brushing and flossing. This stage of gum disease, known as gingivitis, can be improved by regularly cleaning with your dentist and taking more care with your brushing and flossing at home.

If not treated, gingivitis can lead to periodontitis. At this stage, the gums pull away from your teeth, causing a gap between your teeth and gums which can become infected. Without treatment, the infection destroys the bone around your teeth and you may require gum surgery or could even lose your teeth.



### When to see your dentist

Besides regular check-ups, see your dentist if you have any of the following:

- Bleeding gums when you brush or floss
- Red, swollen or painful gums
- Receding gums (i.e. gums that have pulled away from the teeth)
- Loose teeth
- Pus between your teeth and gums
- Bad breath or a bad taste in your mouth that won't go away
- A change in your bite or jaw alignment, or in the fit of your dentures





### **DID YOU KNOW?**

Despite the well-established link between diabetes and periodontal disease, a 2019 systematic review of 26 studies published in the *Australian Dental Journal* found that 73% of people with diabetes were unaware of the link between their diabetes and periodontal health.



## WHY AM I AT RISK?

There are several reasons people with diabetes are at greater risk of gum disease. When blood glucose levels are high, this encourages the activity of bacteria in the mouth, which contributes to decay and the development of plaque. High blood glucose levels can also reduce the body's resistance to infections and studies have found that people with diabetes who have higher blood glucose levels are more at risk of periodontal disease. Unfortunately, this can be a vicious cycle as having an infection can make it harder to manage your blood glucose levels, which can lead to a worsening of periodontal disease and other diabetes-related complications. Other contributing factors include increased inflammation, oxidative stress and the development of Advanced Glycation Endproducts (AGEs) when blood glucose levels are high.

## HOW DO I KNOW IF I HAVE A PROBLEM?

Gum disease is often painless, particularly in the early stages. This is one reason regular dental checkups are important. However, there are some warning signs to watch for:

- \* Bleeding gums when you brush or floss your teeth
- \* Red, swollen, or sore gums
- \* Receding gums (gums that have pulled away from the teeth)
- \* A dry mouth and/or oral thrush
- \* Bad breath
- \* Loose or separating teeth
- \* Change in your bite or jaw alignment
- \* Changes in the fit of your dentures

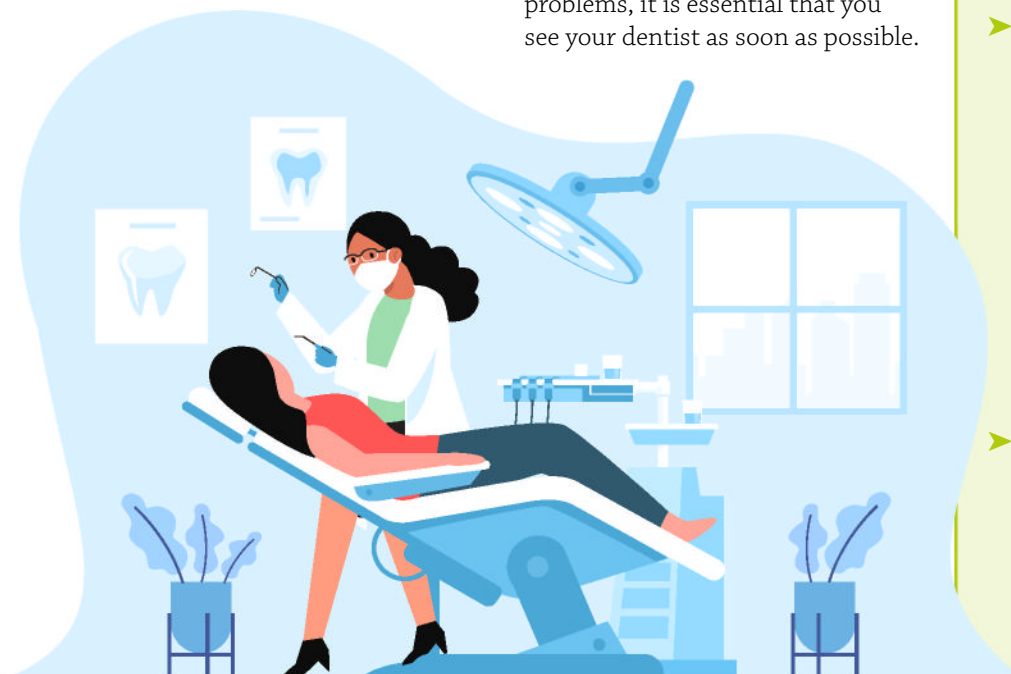
If you experience any of these problems, it is essential that you see your dentist as soon as possible.



## WHAT CAN I DO?

There are several things you can do to reduce the risk of developing periodontal disease:

- Keep your blood glucose levels well managed.
- Don't smoke.
- Practice good dental hygiene, including brushing and flossing daily (see box: Top Tips for keeping your teeth and gums healthy)
- Have regular check-ups with your dentist. How often you need a check-up depends on a number of factors including your age, dental history and general health, but your dentist will be able to advise you. Diabetes Australia recommend that you have a dental check at least once a year if you have diabetes.
- Make an appointment with your dentist as soon as possible if you notice any signs of tooth decay or gum disease (see box: When to see your dentist).



**For more information on dental health and diabetes, download a free fact sheet from the NDSS: <https://www.ndss.com.au/wp-content/uploads/fact-sheets/fact-sheet-looking-after-your-dental-health.pdf>**





## TOP TIPS FOR KEEPING YOUR TEETH AND GUMS HEALTHY

Brush your teeth at least twice per day (in the morning and before bed) using a toothbrush with soft, rounded bristles. This should take around two minutes.

**Floss between your teeth daily.**

Change your toothbrush or toothbrush head every 3 months.

Avoid soft drinks, including the diet variety, as their acidic effect can wear away the enamel on the surface of your teeth. If you choose to drink them, use a straw.

Avoid snacking frequently over the day - a break of at least two hours between eating or drinking allows your saliva to neutralise acids in the mouth.

If you do snack, choose fruit, yoghurt, cheese, and raw vegetables in place of lollies, cakes, and biscuits.

Avoid sucking on lollies, nibbling foods or sipping sweet drinks over long periods of time.

**Drink plenty of water, particularly after eating.**

Chew sugar-free gum after meals to increase saliva production, which protects against tooth decay.



**For more general information on dental health, visit the Australian Dental Association [www.ada.org.au](http://www.ada.org.au). Find your nearest dentist by visiting [www.ada.org.au/Find-a-Dentist](http://www.ada.org.au/Find-a-Dentist)**





# 10 tips *to get* MOVING

**Spending less time being sedentary delivers all kinds of health benefits but achieving it can take more than willpower alone. Luckily there are some clever hacks you can use to sit less and move more.**

It's no secret that spending too much time sitting is as negative as far as your health is concerned – after all, just a few years ago sitting was labelled 'the new smoking' due to how it increases the risk of everything from heart disease to diabetes and some cancers.

Worryingly though, research shows people in Australia are still sitting too much, with some of us regularly spending up to 10 hours a day seated. And unfortunately, even if you're doing the recommended amount of physical activity each week, long periods of sitting can offset the benefits of all that exercise. It's one of the reasons Australia's official physical activity guidelines are currently being reviewed and updated, with the revised guidelines expected to provide advice around sedentary behaviour, including screen-time limits to be aware of.

The good news is reducing your sedentary time by increasing what's called 'incidental activity' can be simpler to do than you might think. Here are 10 tips that will help you move more and sit less.



## ONE USE YOUR VIEWING TIME WISELY.

Research shows that marching on the spot during the ad breaks that occur during a 90-minute TV session can add more than 2000 steps to your daily step count. If you're streaming your favourite show ad-free, simply set an alarm to go off every 15 or 20 minutes and when it does, get up and do three or four minutes of static stepping.

## 2

### CREATE AN 'IF-THEN' PLAN.

Technically known as an 'implementation intention', establishing an if-then plan means that if 'this' happens, then you'll do 'this'.

For example, 'if I'm getting up for a glass of water, then I'll walk around for two minutes before pouring the glass'. Or, 'if I answer a phone call, then I'll get up and go for a walk while I'm talking'.

If-then plans are an effective, science-backed way to create new healthy habits or break existing unhealthier ones.

## FOUR AIM HIGH.

When it comes to how many daily steps to strive for, a new study shows taking around 10,000 a day – a figure that until now has been considered largely unsupported by evidence – really can counteract the health risks of being sedentary. If you can't reach that target just yet, don't worry. Simply set one that's big and aspirational for you personally. Researchers have made the link between doing this and achieving a larger number of daily steps.

## 3 START USING A STEP COUNTER.

Whether it's a digital fitness tracker or an old-school pedometer, research confirms how effective step counters can be at reducing sedentary time by leading to long-term increases in daily steps. To up the ante, have a step-count competition with your family, friends or workmates. The results of a 2023 study show that a bit of friendly rivalry can significantly increase daily steps, too.



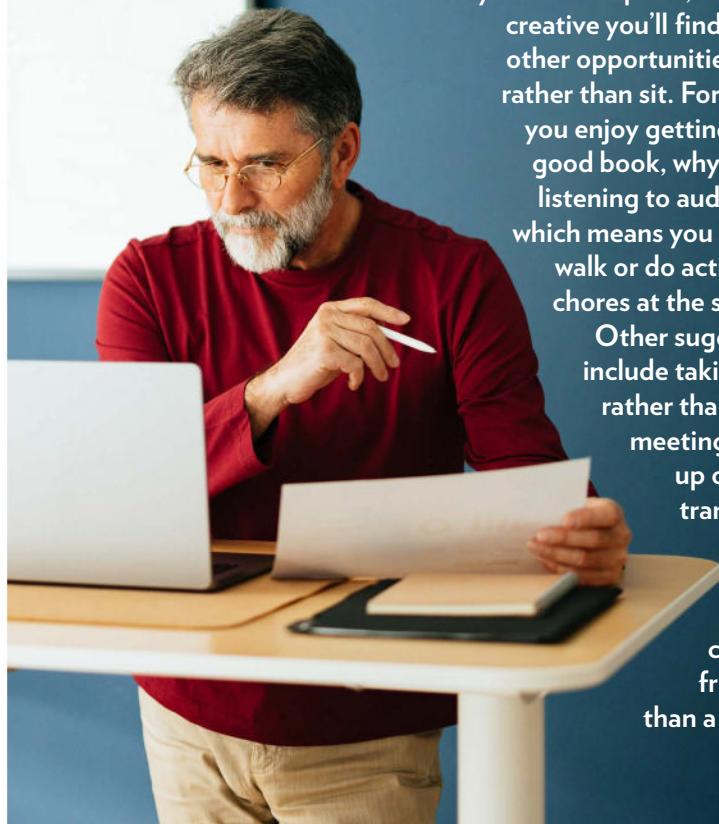


5

## DON'T SIT IF YOU CAN STAND.

You may have already incorporated a bit of this with your if-then plans, but if you get creative you'll find plenty of other opportunities to stand rather than sit. For example if you enjoy getting lost in a good book, why not start listening to audio books, which means you can go for a walk or do active house chores at the same time?

Other suggestions include taking a stand rather than a seat in meetings, standing up on public transport and catching up for a walking coffee with a friend rather than a seated one.



SIX

## ADOPT AN ACTIVE HOBBY.

Whether it's gardening, nature photography, golf or hiking, some hobbies will naturally help keep you moving. As a result, research shows taking up one or even a few active hobbies is an effective, enjoyable and low-fuss way to reduce time spent being sedentary.



seven

## Ask for help.

If you've got a friend or family member who's also keen to reduce their sedentary time, make a commitment to send each other a few messages every day with reminders to get up and move. When people taking part in a study last year regularly received those kind of messages, they cut their sedentary time by one hour per day.



WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES



## NINE

### SET A SCREEN-TIME ALARM.

When you're tempted to look at social media, set an alarm on your phone before you start scrolling. It's really easy to spend more time than you intend, or even lose significant chunks of time, when you're engaging with a social media platform, so having an alarm in place will alert you when it's time to log out and do something more active.

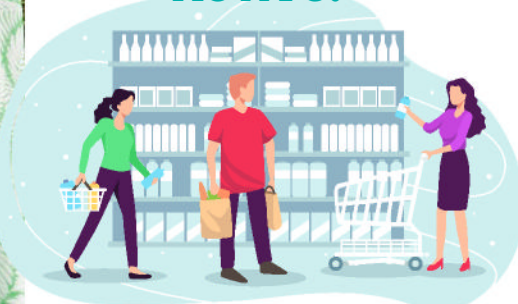
## 8

### THINK 'ONE AT A TIME'.

Whenever you're moving things from one spot to another, like unloading grocery bags from the car to the kitchen or putting the washing away, instead of seeing how much you can carry at once, move just one or two bags or items at a time so you have to take more steps.

## 10

### CREATE AND TAKE CHANCES TO BE ACTIVE.



Park further away from your final destination than you need to, get off public transport a few stops earlier and take the stairs rather than the escalator or lift. And if you typically order your groceries online to be delivered or picked up 'direct to boot', consider reverting to doing your own shopping, which involves significantly more activity.



my story: type 1 & ambassador

Former AFL player  
Paddy McCartin, 27, has  
lived with type 1 since  
childhood. Medically  
retired from playing  
professionally in 2023,  
due to concussion,  
Paddy now divides his  
time between assisting  
the Sydney Swans and  
giving back to the  
diabetes community  
through mentorship  
and his work with  
Medtronic.

PADDY MCCARTIN TYPE 1

*my story*

“I feel lucky to have  
had a bit of a  
platform that I can  
use to help people.”





was 8 when my parents started to notice some changes in me - I was going to the toilet a lot, drinking a lot of water, and I was a sports nut but I didn't want to play any sports so they knew something wasn't right. I had no idea what it meant when I was diagnosed.

I get asked a lot how my diagnosis impacted my life and how active I could be. When I was diagnosed, I told my parents that I wanted to do things for myself, I never wanted them to do any needles for me - I was quite a stubborn little kid, I still am! I carried that attitude into my sport. My parents let me play sport and have a go at anything I wanted to. I definitely made mistakes along the way. I made a few blues with my diabetes - I had lows, I had highs - but I think that taught me a lot as well.

In the time I've spent talking to kids and their families through my work with Medtronic, I usually find the kids are alright, it's the parents that tend to carry a lot of anxiety. I tell them that the resilience that having diabetes has taught me - still now, but especially in those formative years, has held me in such good stead for other aspects of my life. It's taught me how to bounce back and how to learn on the run and I feel like I learned those skills at an earlier age than a lot of kids would.

### ***Tech matters***

The technology has come a long way in the last 5-6 years. A couple of years ago I changed my CGM over to the Medtronic Guardian 4. It made a huge difference not just to my footy, but my day-to-day life. I went from having to prick my finger multiple times a day (which is something I used to really struggle with), to having my levels constantly available to me.

The way the pump and the CGM work with each other has taken a lot of mental load off me. If my levels go up overnight, the pump will automatically give me insulin to bring it back down without me having to do anything. As a diabetic, the less variables you have, the better your management will be.

I'm retired now but having that tech during games was incredible. I take the pump off when I play (it's too delicate) but I always have the sensor on my arm. I keep my meter on the bench because the sensor and the pump are Bluetooth connected, but when you're playing a game where there's up to 70,000 people in the stadium, it can take a while for it to kick in and connect.

Early on when I first started using the CGM, I wasn't sure how to cover it up, and it would get knocked out quite a lot. If it falls out you need to replace it, and there's a 1-2 hour 'warm-up' period, which is the time it takes to start working. Once I started strapping it up securely, it never got knocked out during games, it was perfect.



**USING A CGM AND A PUMP REMOVES THE DAY TO DAY WORRIES**



**STRAPPING HIS CGM AND PUMP LEADS TO HIS BODY, ALLOWED HIM TO CONTINUE PLAYING AT AN ELITE LEVEL**



**PADDY STILL GOES TO THE SWANS MATCHES TO SUPPORT HIS BROTHER, TOM**





**IN 2014 PADDY WAS DRAFTED TO ST KILDA FC, BUT IT WAS HIS TRANSFER TO SYDNEY SWANS WHERE HE GOT HIS HEALTH UNDER CONTROL**



## Visibility in sport

After I'd been playing about 6 years, I had a bad head knock and had to take some time off. By the time I returned, the technology to use your phone to check your levels had come in. One of the first games I played when I came back, in 2022, Buddy Franklin kicked his 1000th goal. That was a big deal, and everyone ran onto the pitch. The physio came out with my phone and I had a look at it (to check my levels). The cameras were on me, and everyone was like, what the hell is going on here? Having your phone with you during a game is usually a big no-no in AFL, they don't want certain information getting out. Once they understood that I was using the phone to check my sugars, I got a pass from the AFL to use my phone anywhere, for that purpose. It was actually really good because it got some good air-time and sent a message to parents, that their kids – or anyone with diabetes – can play sport and be active, and that a CGM can help you to feel good while you're doing it.

I haven't always been this comfortable talking about my diabetes. I was 18 when I first started playing AFL and I got drafted to St Kilda. I was going into a club where there were guys who were 33-34, who I'd watched on TV for years. I was really self-conscious about my diabetes and tried to hide it. On the back of that, unsurprisingly, my management was quite poor. And back then there was no high-tech stuff either.

## A platform with a difference

Then when I joined the Swans a few years ago, they asked if I wanted to get up in front of the whole club and talk about my diabetes. My brother Tom plays for the Swans as well and was there to support me, so I just thought bugger it, and I got up and spoke about my diabetes for about 15-20 minutes. I told my story, talked about what a low looks like, what a high looks like, what I have to do before a game, and how to help me if I look like I'm in a bit of trouble. And everyone loved it. After that my management improved out of sight because I was more open about it. It took away those stresses I put on myself, like if I have a high or a low, what are people going to think?

The Swans are an amazing footy club and I was very lucky to end up there, and have my brother there as well. I'm really glad I got up and spoke about it, it was probably a bit of a catalyst for some of the other stuff I'm doing now, chatting with kids and their families, along with the work I'm doing with Medtronic. I speak at children's hospitals and at events, and I talk to endocrinologists. I tell my story and talk a bit about the tech and how it's helped me. Parents of diabetic kids always have lots of questions. I feel so lucky, it's a very special community, the diabetes community. I feel so connected to these people who are going through similar things to me. I feel lucky to have had a bit of a platform that I can use to help people. And they help me as well. I get as much out of it, as I hopefully give to them.



# Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that D=4, B=14, and S=20. You can record each letter as you work it out in the letter checker at the bottom of the grid.

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| 20 | 1  | 24 | 9  | 9  | 23 |    | 9  | 21 | 26 | 1  | 8  | 9  | 23 |    | 7  | 22 | 24 | 3  | 22 | 4  |
|    | 25 |    | 24 |    | 11 |    | 9  |    | 6  |    | 13 |    | 5  |    | 24 |    | 22 |    | 23 |    |
| 1  | 8  | 22 | 4  |    | 13 | 15 | 3  | 24 | 7  |    | 9  | 15 | 22 | 8  | 1  |    | 15 | 25 | 17 | 5  |
|    | 6  |    | 22 |    | 20 |    | 22 |    | 15 |    | 25 |    | 7  |    | 17 |    | 9  |    | 9  |    |
| 20 | 26 | 22 | 23 | 21 | 6  |    | 4  | 17 | 22 | 20 | 20 | 22 | 20 |    | 5  | 13 | 23 | 4  | 24 | 7  |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

## ACROSS

- 1 Devil-may-care, reckless (8)  
 6 --- Palace, royal home (10)  
 13 Assumed name (5)  
 14 Enunciate (9)  
 15 Avoid slyly (5)  
 16 Relaxing, peaceful (7)  
 18 Tree tomato (9)  
 19 --- aside, reserve (3)  
 20 Polite (5)  
 22 Pitch a ball (5)  
 24 Great Dane or dalmatian, eg (3)  
 26 Put in the ground (5)  
 28 Underground passage (6)  
 29 Gambol (6)  
 31 Social deportment (7)  
 32 Queensland theme park (10)  
 34 Diverted (10)  
 37 Hubs (7)  
 38 Away from a coast (6)  
 39 Give an account of (6)  
 41 Marsh plants, rushes (5)

- 42 Label (3)  
 43 Cringe, recoil (5)  
 45 Remaining morsels (5)  
 46 --- & Order, US drama (3)  
 48 Venue for evening entertainment (9)  
 51 Arabic hot sauce, often served with couscous (7)  
 53 Carve (5)  
 54 Publican (9)  
 55 Smallest VDU element (5)  
 56 Agitatedly (10)  
 57 Fighting a grudge fight (8)

## DOWN

- 2 Wrong (5)  
 3 Stomach muscles (abbr.) (3)  
 4 Rude (8)  
 5 Barnyard boss (7)  
 6 Blossom (5)  
 7 Paradox (13)  
 8 Perfect model (5)

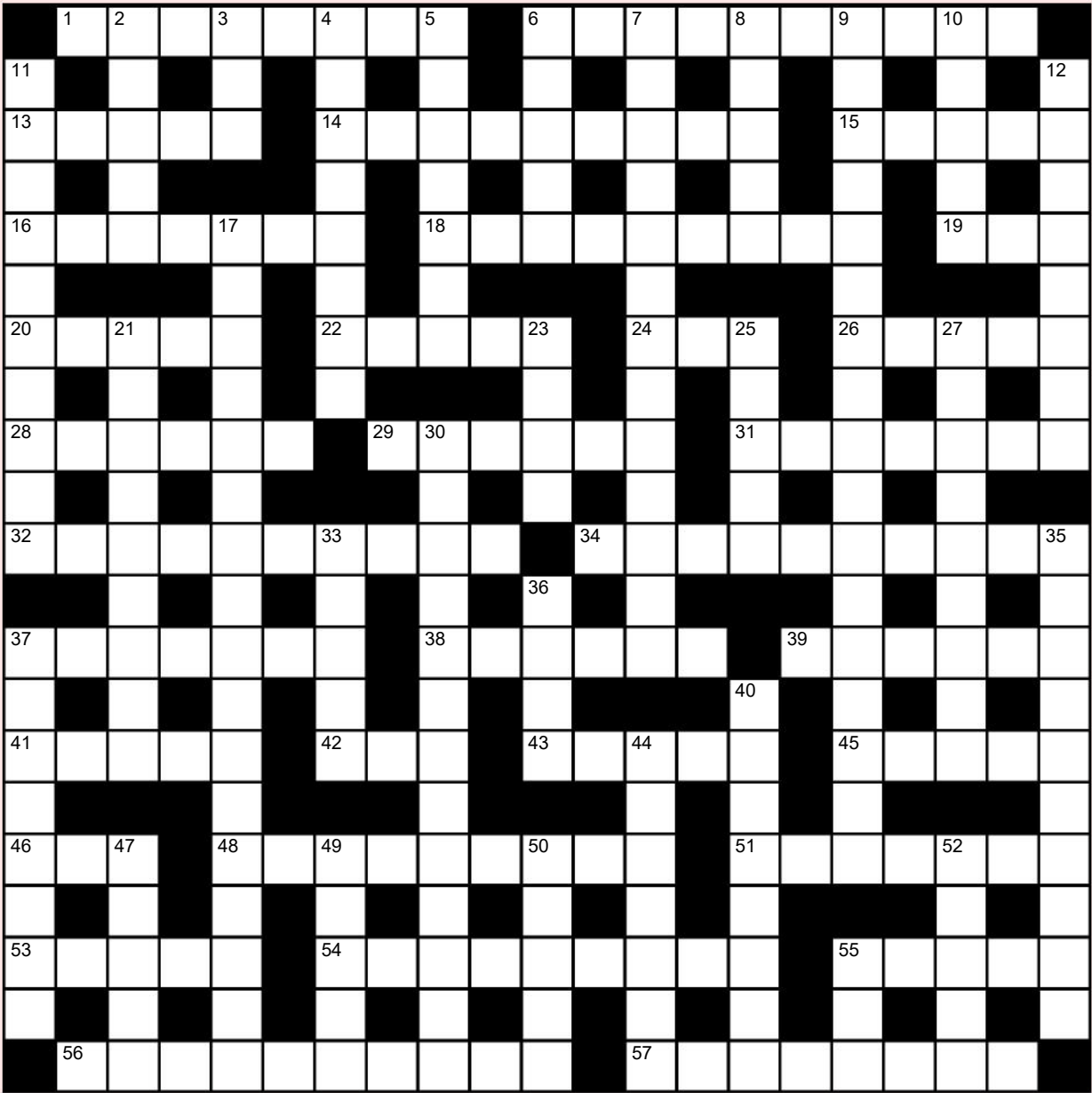
- 9 Annual almanac (9,8)  
 10 Adjoins, touches (5)  
 11 Invented (10)  
 12 False teeth (8)  
 17 Incorrectly keep in jail, eg (5,12)  
 21 Retribution (9)  
 23 Feral (4)  
 25 Whole range (5)  
 27 Blackjack, pontoon (6-3)  
 30 They gather no moss (7,6)  
 33 Beginning (5)  
 35 Hateable (10)  
 36 Cabbage salad (4)  
 37 Negligent (8)  
 40 Small pipefish (8)  
 44 Stationery item (7)  
 47 Put pen to paper (5)  
 49 Move smoothly (5)  
 50 Religious devotion (5)  
 52 Of English descent (5)  
 55 Mate (3)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 6 |   | 1 | 7 |   | 3 | 2 |   |
| 3 | 1 |   | 9 | 2 |   | 7 |   |   |
|   | 7 |   | 3 | 5 |   |   |   | 6 |
| 1 |   | 3 |   |   |   |   |   |   |
|   | 9 |   |   |   |   |   |   | 1 |
|   |   | 2 |   |   |   |   |   | 9 |
| 9 |   |   | 6 |   | 5 |   |   |   |
| 4 | 3 | 8 |   | 1 |   | 6 |   |   |
| 6 |   |   | 7 | 8 |   |   | 4 |   |

## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.





Turn upside down for puzzle solutions

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 9 | 1 | 7 | 4 | 3 | 2 | 5 |
| 3 | 1 | 5 | 9 | 2 | 6 | 7 | 8 | 4 |
| 2 | 7 | 4 | 3 | 5 | 8 | 1 | 9 | 6 |
| 1 | 4 | 3 | 5 | 9 | 7 | 2 | 6 | 8 |
| 5 | 9 | 6 | 8 | 3 | 2 | 4 | 7 | 1 |
| 7 | 8 | 2 | 4 | 6 | 1 | 5 | 3 | 9 |
| 9 | 2 | 7 | 6 | 4 | 5 | 8 | 1 | 3 |
| 4 | 3 | 8 | 2 | 1 | 9 | 6 | 5 | 7 |
| 6 | 5 | 1 | 7 | 8 | 3 | 9 | 4 | 2 |

Sudoku

**Across:** 1 Cavalier, 6 Buckingham, 13 Alias, 14 Pronounce, 15 Elude, 16 Restful, 18 Tamarillo, 19 Set, 20 Civil, 22 Throw, 24 Dog, 26 Inter, 28 Tunnel, 29 Frolic, 31 Manners, 32 Dreamworld, 34 Distracted, 37 Centre, 38 Inland, 39 Report, 41 Reeds, 42 Tag, 43 Wince, 45 Dregs, 46 Law, 48 Nightspot, 51 Harissa, 53 Slice, 54 Innkeeper, 55 Pixel, 56 Restlessly, 57 Duelling.  
**Down:** 2 Amiss, 3 Abs, 4 Impolite, 5 Rooster, 6 Bloom, 7 Contradiction, 8 Ideal, 9 Gregorian Calendar, 10 Abuse, 11 Fabricated, 12 Dentures, 17 False Imprisonment, 21 Vengeance, 23 Wild, 25 Gamut, 27 Twenty-One, 30 Rolling Stones, 33 Onset, 35 Detestable, 36 Slaw, 37 Careless, 40 Seahorse, 44 Notepad, 47 Write, 49 Glide, 50 Piety, 52 Saxon, 55 Pal.

Crossword

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|---|---|
| 1  | A  | Z  | 3  | D  | K  | H  | Y  | G  | O  | X  | F  | V  | 1  |   |   |   |
| 14 | B  | M  | W  | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |   |   |   |
| 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |   |   |   |
| 1  | S  | T  | E  | N  | C  | H  | D  | R  | E  | S  | K  | I  | N  | D | L | Y |
| 2  | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 3  | U  | R  | N  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 4  | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 5  | S  | L  | O  | P  | P  | Y  |    |    |    |    |    |    |    |   |   |   |
| 6  | N  |    |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 7  | H  | E  | S  | E  | M  | U  | Y  | R  | O  |    |    |    |    |   |   |   |
| 8  | C  | H  |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 9  | T  | E  | N  | C  |    |    |    |    |    |    |    |    |    |   |   |   |
| 10 | K  | I  | N  | D  | L  | Y  |    |    |    |    |    |    |    |   |   |   |
| 11 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 12 | U  | R  | N  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 13 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 14 | S  | L  | O  | P  | P  | Y  |    |    |    |    |    |    |    |   |   |   |
| 15 | N  |    |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 16 | H  | E  | S  | E  | M  | U  | Y  | R  | O  |    |    |    |    |   |   |   |
| 17 | C  | H  |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 18 | T  | E  | N  | C  |    |    |    |    |    |    |    |    |    |   |   |   |
| 19 | K  | I  | N  | D  | L  | Y  |    |    |    |    |    |    |    |   |   |   |
| 20 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 21 | U  | R  | N  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 22 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 23 | S  | L  | O  | P  | P  | Y  |    |    |    |    |    |    |    |   |   |   |
| 24 | N  |    |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 25 | H  | E  | S  | E  | M  | U  | Y  | R  | O  |    |    |    |    |   |   |   |
| 26 | C  | H  |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 27 | T  | E  | N  | C  |    |    |    |    |    |    |    |    |    |   |   |   |
| 28 | K  | I  | N  | D  | L  | Y  |    |    |    |    |    |    |    |   |   |   |
| 29 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 30 | U  | R  | N  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 31 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 32 | S  | L  | O  | P  | P  | Y  |    |    |    |    |    |    |    |   |   |   |
| 33 | N  |    |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 34 | H  | E  | S  | E  | M  | U  | Y  | R  | O  |    |    |    |    |   |   |   |
| 35 | C  | H  |    |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 36 | T  | E  | N  | C  |    |    |    |    |    |    |    |    |    |   |   |   |
| 37 | K  | I  | N  | D  | L  | Y  |    |    |    |    |    |    |    |   |   |   |
| 38 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 39 | U  | R  | N  |    |    |    |    |    |    |    |    |    |    |   |   |   |
| 40 | O  | A  | K  |    |    |    |    |    |    |    |    |    |    |   |   |   |

Code Cracker







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## BREAKFAST &amp; BRUNCH

- 28 All-day breakfast ●●  
 28 All-day vegie breakfast ●●●  
 28 Breakfast frittata ●●

## LIGHT MEALS, SNACKS &amp; SIDES

- 87 Corn & pineapple melt ●  
 63 Feel-good fishcakes ●●  
 87 Minty mocha ●  
 64 Moroccan-inspired mushrooms with couscous ●  
 36 Pumpkin, pine nut & chilli pesto tart ●●  
 87 Pumpkin, sage & parmesan corn cakes ●  
 41 Pumpkin soup with chilli ●●  
 58 Spiced chickpea & potatoes ●●  
 58 Spicy potato wraps ●●  
 52 Spicy vegetable egg fried rice ●  
 64 Stir-fried cabbage with sesame ●●  
 49 Tomato & basil soup ●●●●

## MAINS

- 30 Amatriciana chicken traybake ●●  
 28 Bean & pasta stew with meatballs ●

- 18 Caramelised red onion & anchovy pasta with gremolata ●●  
 50 Chicken cacciatore one-pot with orzo ●  
 46 Enchilada pie ●●  
 46 Fish with olives & crispy pancetta ●●  
 56 Fruity pork steaks ●  
 68 Harissa lamb & hummus flatbreads ●●  
 42 Healthy cheat's ragu ●●  
 61 Lamb & macaroni bake ●●  
 34 Lamb shank shepherd's pie ●●  
 73 Meatball & black bean chilli ●●  
 56 Meatballs with rosemary tomato sauce ●●  
 17 Miso & pumpkin ramen ●●  
 75 Moroccan roast lamb with roasted root vegetables ●●  
 24 Noodle stir-fry with crunchy peanuts ●●  
 40 One-pan baked chicken with pumpkin & walnuts ●●  
 30 Oven-baked leek & bacon risotto ●  
 68 Paprika pork ●●  
 64 Pork & apple burgers with pickled red cabbage ●●  
 18 Pulled chicken bowl ●  
 40 Pumpkin mac 'n' cheese ●

- 50 Sausage & mushroom ragu ●  
 74 Slow cooker honey & mustard pork loin ●●  
 72 Speedy pork stroganoff tagliatelle ●●  
 32 Spicy beef & black bean pie ●  
 16 Spicy tortilla soup ●  
 15 Spinach & chilli bean pide ●  
 68 Spinach dhal with paneer ●●  
 24 Vegetable curry ●●  
 71 Vegetarian bean pot with herby breadcrumbs ●●

## DESSERTS

- 87 60-second dessert  
 82 Apple tarte tatin  
 85 Cardamom & chocolate soufflé puddings ●  
 82 Chocolate & prune fudge brownie  
 78 Figgy puddings  
 78 Poached pears in red wine and spices ●  
 83 Rhubarb & apple crumble  
 79 Sticky date pudding with caramel sauce

**KEY** ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

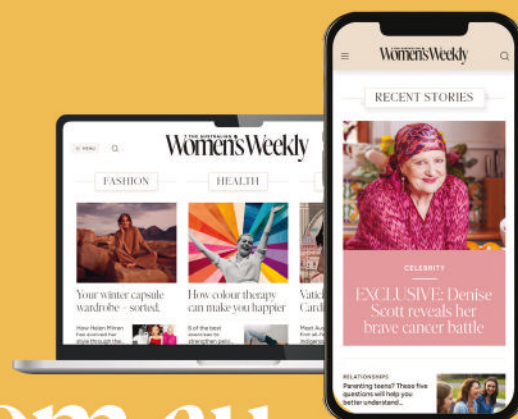
**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



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be inspired

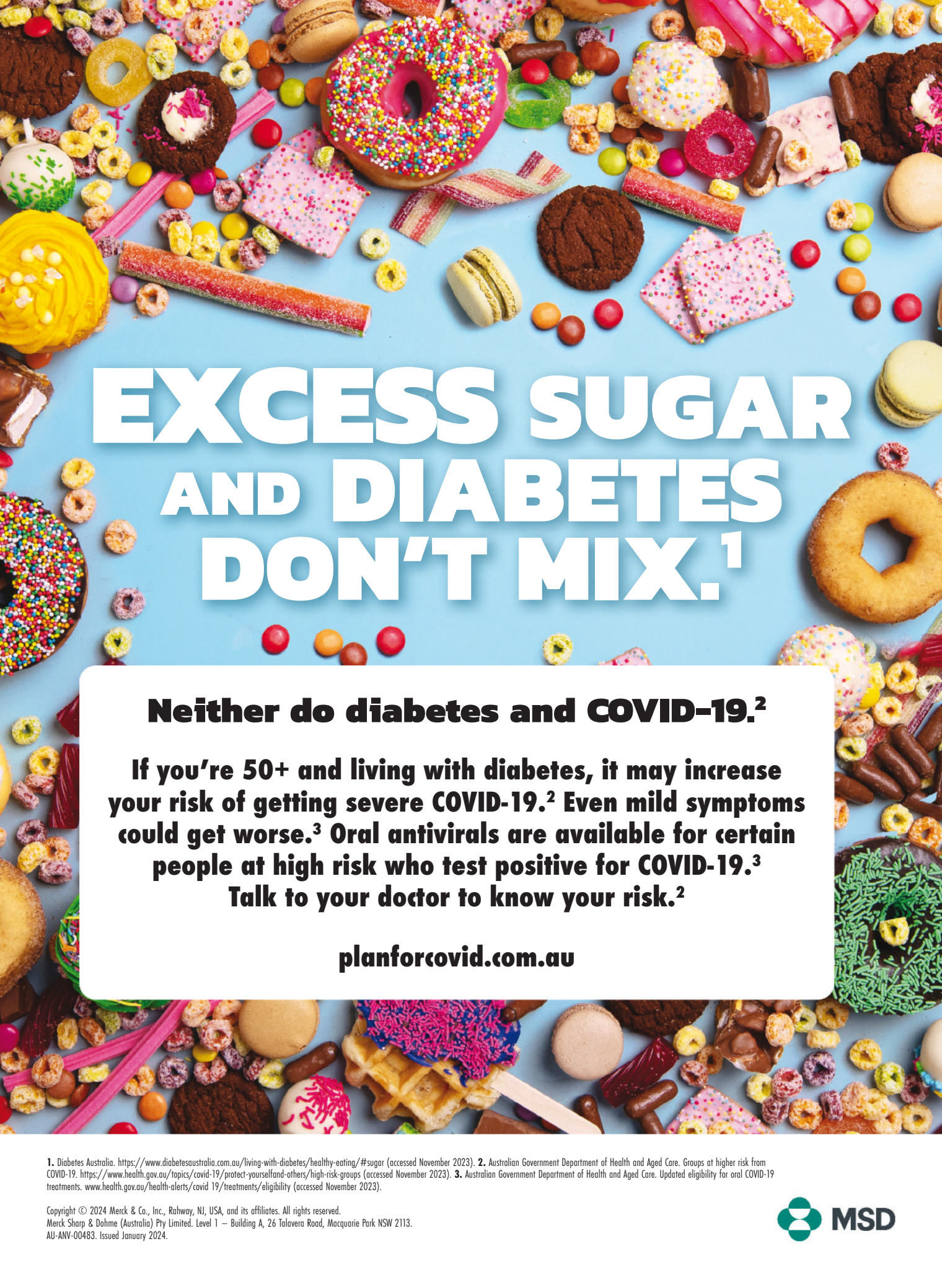


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# EXCESS SUGAR AND DIABETES DON'T MIX.<sup>1</sup>

**Neither do diabetes and COVID-19.<sup>2</sup>**

**If you're 50+ and living with diabetes, it may increase your risk of getting severe COVID-19.<sup>2</sup> Even mild symptoms could get worse.<sup>3</sup> Oral antivirals are available for certain people at high risk who test positive for COVID-19.<sup>3</sup>**

**Talk to your doctor to know your risk.<sup>2</sup>**

**[planforcovid.com.au](https://planforcovid.com.au)**

1. Diabetes Australia. <https://www.diabetesaustralia.com.au/living-with-diabetes/healthy-eating/#sugar> (accessed November 2023). 2. Australian Government Department of Health and Aged Care. Groups at higher risk from COVID-19. <https://www.health.gov.au/topics/covid-19/protect-yourself-and-others/high-risk-groups> (accessed November 2023). 3. Australian Government Department of Health and Aged Care. Updated eligibility for oral COVID-19 treatments. [www.health.gov.au/health-alerts/covid-19/treatments/eligibility](https://www.health.gov.au/health-alerts/covid-19/treatments/eligibility) (accessed November 2023).

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